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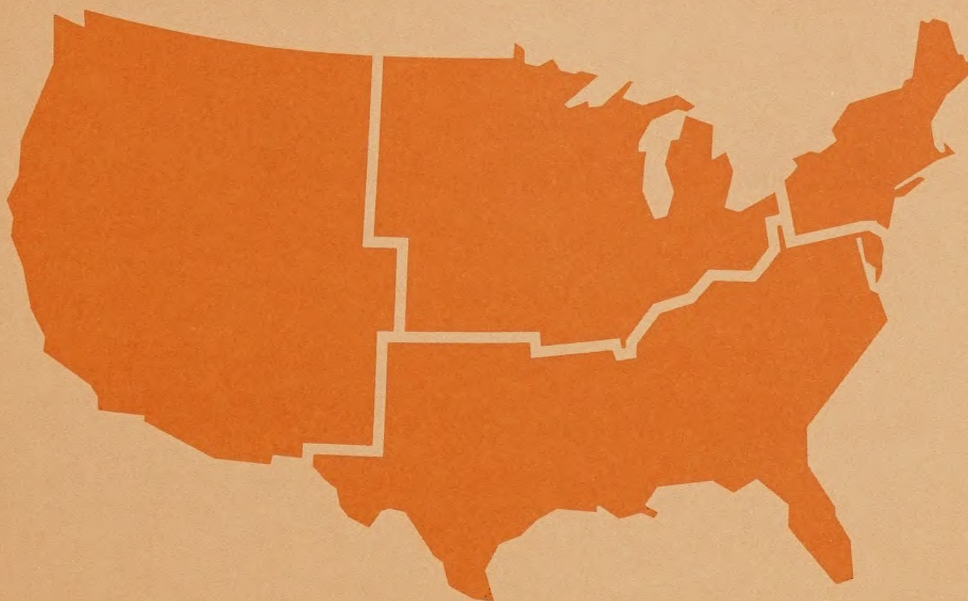
Human Nutrition
Information
Service

Nutrition
Monitoring
Division

NFCS 1977-78
Report No. H-11

Dietary Levels: Households in the United States, Spring 1977

Nationwide Food Consumption
Survey 1977-78,
Report No. H-11



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The Human Nutrition Information Service was reorganized in June 1984. The former Consumer Nutrition Division is now the Nutrition Monitoring Division, comprised of the Food Consumption Research Branch, the Nutrient Data Research Branch, and the Survey Statistics Branch.

Issued March 1985

ACKNOWLEDGMENTS

The Nationwide Food Consumption Survey 1977-78 was conducted by the Nutrition Monitoring Division, Human Nutrition Information Service, U.S. Department of Agriculture. The sample was designed and the data were collected and processed by National Analysts, Inc., under contract with the Division. The data for this publication were tabulated by the Federal Prison Industries, U.S. Department of Justice, also under contract with the Division.

Work on the survey and publication was the concern of many individuals in the Human Nutrition Information Service. Robert B. Reese had overall responsibility for planning and supervising the survey. Mary Y. Hama supervised a team composed of Dorothy A. Baker, Frances J. Cronin, Kim M. Hatfield, Linda W. Ingwersen, and Constance D. Ward that developed plans for coding and tabulating the collected household food consumption data, analyzed findings, and wrote this report. Bruce C. Gray, Jan L. Janiczek, and Mills B. Weinstein monitored the data processing and tabulation performed by the contractor. Betty B. Peterkin, Frank N. Hepburn, and the Nutrient Data Research Branch provided assistance at different phases of the survey planning and analysis. Johna L. Pierce provided editorial assistance. Ellen W. Caswell, Mildred T. Pati, and Christina Driscoll provided assistance in matters relating to word processing.

During the planning of the survey, special attention was given to the needs of the potential users, particularly the Economic Research Service and Food and Nutrition Service of USDA, Food and Drug Administration and Social Security Administration of the Department of Health and Human Services, and other Federal agencies.

The study was carried out under the general direction of Robert L. Rizek, Director of the Nutrition Monitoring Division, Human Nutrition Information Service.

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Dietary Levels: Households in the United States, Spring 1977

*by the Nutrition Monitoring Division
Human Nutrition Information Service*

HIGHLIGHTS

The food consumption survey of 3,473 housekeeping households in the United States conducted in the spring of 1977 indicated that--

- Quantities of food used by households during a week were sufficient, on the average, to provide nutrients meeting the Recommended Dietary Allowances (RDA) set in 1974 by the Food and Nutrition Board of the National Research Council for food energy and protein; for the minerals--calcium, iron, magnesium, and phosphorus; and the vitamins--vitamin A, thiamin, riboflavin, vitamin B₆, vitamin B₁₂, and ascorbic acid.
- Average nutrient values for the surveyed households as a group exceeded the RDA for food energy and each of the 11 nutrients studied. When nutrient values were examined for the households on an individual basis, many had diets that did not meet the recommended allowances for these nutrients.
- More than 90 percent of the households used food that met the RDA for protein, phosphorus, riboflavin, and ascorbic acid. Eighty percent or more

met the recommendations for iron, vitamin A, thiamin, and vitamin B₁₂, and about 75 percent met the RDA for food energy and magnesium.

- The three nutrients for which diets were most often below allowances were calcium, vitamin B₆, and magnesium. About one-third of the households used food that provided less than the RDA for calcium and vitamin B₆ and one-fourth supplied less than the allowance for magnesium.
- When the same seven nutrients studied in the last USDA nationwide survey were evaluated, 55 percent of the households had diets that fully furnished all of the recommendations.
- Proportionately more high-income households--those with \$20,000 and over--met the RDA for each nutrient studied than did low-income households with incomes under \$5,000. However, high income alone did not ensure good diets. About one-fourth of the households with incomes of \$20,000 and over failed to meet the RDA for calcium and vitamin B₆.
- Although data from the 1965-66 and the 1977-78 household food consumption surveys cannot be compared directly, declines in food energy, fat, and carbohydrate appear to reflect the use of less food per person, in general, in the spring of 1977 than in the spring of 1965.

INTRODUCTION

This report presents data on the nutritive value of household diets for spring 1977 from the household portion of the Nationwide Food Consumption Survey 1977-78 (NFCS) conducted by the U.S. Department of Agriculture (USDA) during April 1977 through March 1978. Dietary levels in the food used at home by households were determined by calculating the nutrient content of the food reported and by comparing the results to recommended amounts of nutrients for persons of the same sex and age as those eating in the household. Food consumption information for spring is shown in detail for the United States and four regions in Reports No. H-1 through H-5 of this series.

Information on food consumption and dietary levels serves many diverse needs relating to consumers and the foods they eat.

- Congress, the Department of Agriculture, and other Federal agencies use these data to develop, administer, and evaluate public programs and policies that relate to production, marketing, and consumption of food.
- Research and development laboratories, food manufacturers, and food industries use these data to adjust the producing, processing, and marketing of food closer to the needs and wants of consumers.
- Nutritionists, home economists, educators, and social workers use these data to assess and compare the current nutritive value of diets of population groups to develop guidelines and programs for improving dietary levels in the United States.

Through the years, the Department of Agriculture has contributed much to the knowledge of American food habits and the dietary situation by collecting information about the foods people eat. Thus, the nationwide food consumption surveys are benchmarks to measure the current status of the U.S. diet and the changes that have occurred since the previous study. Early fledgling studies of household food consumption were small-scale, intensive investigations and sometimes involved relatively few respondents. Since the 1930's, however, the Department has conducted six household food consumption surveys on a national scale: 1935-36, 1942, 1948 (urban only), 1955, 1965-66, and 1977-78.

Most of the household surveys before 1965-66 were conducted during the spring quarter of the year. The 1965-66 survey included all four seasons. Information was obtained from about 7,500 sample households in the spring and about 2,500 households in each of the three subsequent quarters to provide indicators of seasonal consumption patterns. In addition, some members of the sample households reported a day's intake of food and beverages eaten at home and away from home in the spring of 1965. This was the first national survey of food intakes of individuals to be undertaken.

The 1977-78 survey was carried out over 12 months, with approximately 3,750 sample households surveyed during each 3-month quarter. In 1977-78, the individual intake phase of the study was expanded to cover the entire year, and food intakes were obtained for 3-day periods.

In the NFCS 1977-78, a stratified probability sample of households was surveyed from April 1977 through March 1978. Households were selected to represent the universe of households in each of four Census regions and three

urbanizations during each of the four seasons. Information was collected from about 15,000 households in the 48 conterminous States and from about 36,000 individuals in these households. In addition, 5 supplemental surveys yielded information for about 5,000 households in which at least 1 member was older than 64 years of age; about 4,700 households with members participating or eligible to participate in the Food Stamp Program; 3,100 households in Puerto Rico; 1,100 urban households in Alaska, and 1,250 households in Hawaii. All of these supplemental surveys provided data on household food consumption and individual food intakes.

Trained interviewers collected the data by personal interview with the person identified as most responsible for food planning and preparation. They used an aided-recall questionnaire to record the kind of food used (such as ground beef and skim milk), the form (such as fresh, commercially canned, or frozen), the quantity, and the cost, if purchased, of each food or beverage used in the household during the 7 days before the interview. Respondents also gave information on home food production and preservation, the number of meals eaten at home and away from home by household members, and meals and snacks eaten by guests. For use in classification, respondents provided other data, such as income, participation in food programs, age, education, and employment of the male and female head of household. (See table 12--Selected household characteristics, by urbanization, United States, spring 1977.) Biochemical tests and medical examinations, which would be required to determine the existence and degree of malnutrition among members in households, were not conducted in this survey.

As in earlier USDA studies, quantities of food were reported in the form in which they came into the kitchen. Thus, the data should be interpreted as consumption in an economic rather than a physiological context. Nutrient levels given in this report were calculated from information collected on the kinds and quantities of food used by households during 7 days and from tables of nutritive values of food.

The values are for the edible portion of food as brought into the household with adjustments for loss of vitamins during cooking. Edible portion in this survey includes all food as brought into the household except those parts that are clearly inedible, such as bones in meat. All fat on meat cuts is considered to be edible, and its food energy and nutrient content is a part of the nutritive value of food used by households.

The basis for nutritive values is "Composition of Foods ...Raw, processed, prepared," U.S. Department of Agriculture Handbook No. 8 (11) its revised supplements (1 and 2), and "Pantothenic Acid, Vitamin B₆, and Vitamin B₁₂ in Foods" (9).¹ Some values from these sources were updated by the Department's Human Nutrition Information Service (HNIS) to reflect nutritive values of foods available to the household at the time of the survey. Updating was based on food composition research of new food products, enrichment of foods in accordance with new regulations, and on other known changes in the food supply. When a nutritive value for a food reported was not available, a value was imputed from similar foods by HNIS staff members.

¹Underlined numbers in parentheses refer to Literature Cited at the end of this report.

Following data collection, computer tapes presenting food and nutrient consumption of households and food and nutrient intakes of individual household members were prepared. These tapes are available for distribution through the Department of Commerce's National Technical Information Service (NTIS). The access number for the tape on Spring Basic Household Food Consumption Survey, 1977-78 is PB80-190176; the access number for the tape on Spring Basic Individual Food Intake Survey, 1977-78 is PB80-190218. These data have been used extensively in evaluating public policies and economic, social, educational, and regulatory programs relevant to food consumption and nutrition.

RESULTS

Quantities of food used by 3,473 housekeeping households in the United States in the spring of 1977 were sufficient, on the average, to provide diets that more than met the Recommended Dietary Allowances (RDA) set in 1974 by the Food and Nutrition Board, National Research Council - National Academy of Sciences for food energy and protein; for the minerals--calcium, iron, magnesium, and phosphorus; and for the vitamins--vitamin A, thiamin, riboflavin, vitamin B₆, vitamin B₁₂, and ascorbic acid. In this study, nutrient values were derived for household food available for consumption. This includes food consumed, food discarded in the kitchen or at the table, and leftovers fed to pets. Although nutrient data were limited for some foods and for certain nutrients--particularly magnesium, vitamin B₆, and vitamin B₁₂--the values used were the best available at the time the survey was conducted.

The RDA for people of the same sex and age as those eating from the home food supply were considered in determining dietary levels. Average nutrient values for the surveyed households as a group exceeded the RDA for people eating in those households for all nutrients, with ascorbic acid having the greatest margin over the allowance and vitamin B₆ having the least. Values were one-fourth more than the RDA for calcium and vitamin B₆ and one-third more for food energy and magnesium. Protein, phosphorus, and vitamin B₁₂ averages were more than two times the RDA and ascorbic acid was more than three times the RDA.¹ However, when the diets of survey households were appraised individually, many did not meet the recommended allowance for one or more nutrients. Overall, 47 percent of the households surveyed had diets that met the RDA for all 11 nutrients studied. When only the seven nutrients² studied in the last USDA nationwide survey were considered, 55 percent of the households had diets that fully furnished all of the recommendations. The rest of those surveyed failed to meet the RDA for one or more of the seven nutrients evaluated. In this report, the overall measure of households meeting the RDA for all seven nutrients is discussed because food composition data for these nutrients are well established.

¹Average nutritive values were calculated using population ratio procedure--aggregate value for all households divided by the aggregate number of 21-meal-equivalent persons or equivalent nutrition units in all households.

²Protein, calcium, iron, vitamin A, thiamin, riboflavin, and ascorbic acid were the nutrients evaluated in the 1965-66 USDA Household Food Consumption Survey. Findings were published in Report No. 6 (3).

More than 90 percent of the households had food supplies that met the RDA for protein, phosphorus, riboflavin, and ascorbic acid. Eighty percent or more of the households met the recommendations for iron, vitamin A, thiamin, and vitamin B₁₂; about 75 percent did for food energy and magnesium; and slightly under 70 percent for calcium and vitamin B₆.

<u>Nutrient</u>	Households meeting 1974 RDA
	<u>Percent</u>
All 7 nutrients ¹	55
All 11 nutrients.....	47
Food energy.....	77
Protein.....	98
Calcium.....	67
Iron.....	84
Magnesium.....	75
Phosphorus.....	96
Vitamin A.....	80
Thiamin.....	88
Riboflavin.....	95
Vitamin B ₆	66
Vitamin B ₁₂	88
Ascorbic acid.....	93

¹Protein, calcium, iron, vitamin A, thiamin, riboflavin, and ascorbic acid.

The calcium level of diets was related to the use of milk and other dairy products. These foods supplied by far the largest share of calcium to household diets--60 percent--with fresh fluid milk alone providing 44 percent

and cheese providing 12 percent. The whole grain and enriched grain products group contributed the next largest share of calcium to household diets--16 percent.

Both magnesium and vitamin B₆ are distributed more widely among foods than calcium. Foods that are considered good sources of these two nutrients include whole grain cereals, meat, poultry, vegetables, dry legumes, nuts, and milk if used in sufficient amounts. A particularly good source of vitamin B₆ is the meat, poultry, and fish group. In the survey, this group contributed the most vitamin B₆ to household diets--34 percent. Grain products, especially whole grain and enriched forms, provided about the same proportion of both vitamin B₆ and magnesium, 21 percent, while vegetables supplied another 17 percent of these two nutrients to household diets.

Basis for Evaluation of Diets

The Recommended Dietary Allowances (RDA) published by the Food and Nutrition Board in 1974³ were the standards used to evaluate the nutritive value of household diets (7). The allowances are daily intakes of nutrients judged by scientists of the Food and Nutrition Board to be adequate for maintaining good nutrition in essentially all healthy persons in the United States. With the exception of food energy, the allowances are estimated to exceed the requirements of most individuals, thereby ensuring that the nutritional needs of nearly all in the population are met. The RDA are designed for intakes, or for food

³The revision of the Recommended Dietary Allowances in 1980 is not believed to change substantially the results reported here.

actually eaten. Although the RDA are not totally appropriate for evaluating the nutritive value of household diets--which include the nutrients in edible food discarded in the kitchen and at the table, as well as nutrients in food eaten by household members and their guests--the RDA were used because they were the only standards available. Therefore, the dietary levels in this report overestimate the nutritional quality of food actually eaten in the household.

The assessment of dietary levels of households is also complicated by the differences in nutritional needs related to the sex and age of persons eating in the household and by the number of meals they have from household food supplies. In order to make comparisons with the RDA, dietary levels of households were expressed as the amounts of nutrients per nutrition unit. A nutrition unit of 1.0 is equal to the RDA for a nutrient for males ranging in age from 23 to 50 years. The number of nutrition units for a given nutrient in a household is the sum of the RDA for that nutrient for persons eating in the household (adjusted for meals eaten away from home) divided by the RDA for the adult male. The percentage of the RDA provided by food used in a household, or by a group of households, is calculated by dividing the nutritive value per nutrition unit for the household or group of households by the RDA for the adult male.

Information was collected on food used only from the home food supply. In determining dietary levels of households, an adjustment was made to take into account food eaten away from home. The proportion of home meals to the total number of meals eaten in a week by household members was determined and then applied to the RDA for these members. This procedure assumed that a meal eaten away from home had the same average nutritive value as a meal eaten at home.

Diets of some individuals in households studied may not meet the RDA even though the household diet as calculated meets the RDA.⁴ Unless the household food is divided according to the nutritional needs of individuals in the household, some members may not have diets with nutrient levels as high as household food use indicates. On the other hand, if the household food does not meet the RDA, some of the household members, if not all of them, have diets that do not meet the RDA. The Food and Nutrition Board cautions that failure to meet the RDA for one or more nutrients does not necessarily mean that food practices are poor or that malnutrition exists.

Differences by Urbanization

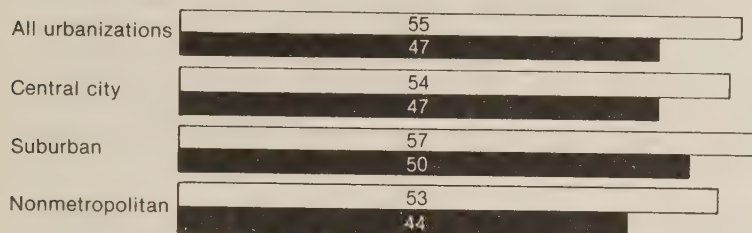
About the same proportion of nonmetropolitan and central city households (53 and 54 percent, respectively) had diets that met the Recommended Dietary Allowances for seven specified nutrients--protein, calcium, iron, vitamin A, thiamin, riboflavin, and ascorbic acid (fig. 1). The percentage of suburban households with diets that met the RDA for these seven nutrients was slightly higher (57 percent). When the RDA for four additional nutrients--magnesium, phosphorus, vitamin B₆, and vitamin B₁₂--were considered, 44 percent of the nonmetropolitan, 47 percent of the central city, and 50 percent of the suburban households met the RDA for all 11 nutrients.

When the proportion of households that met the RDA for individual nutrients was examined, more than 90 percent of the household diets in each of the three urbanizations

⁴After household food consumption information was collected, individual food intakes for 3 days were obtained from household members. Food intakes both at home and away were reported and published in Report No. I-1 (5).

Figure 1

Household Diets Meeting Allowances* for 7 and for 11 Nutrients by Urbanization (Percent)



□ 7 nutrients: protein, calcium, iron, vitamin A, thiamin, riboflavin, and ascorbic acid.

■ 11 nutrients: magnesium, phosphorus, vitamin B₆, and vitamin B₁₂ in addition to above 7 nutrients.

U.S. households, 1 week in spring, 1977

*Recommended Dietary Allowances (1974)

Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous states.

met the allowances for protein, riboflavin, phosphorus, and ascorbic acid. For the other nutrients, suburban household diets generally surpassed the other two urbanizations in the percentage of household diets that met the RDA, while central city households tended to fare least well.

Vitamin B₆ proved to be the nutrient most often below the RDA, particularly in nonmetropolitan areas where 37 percent of the household diets failed to meet the recommendation. Next most often below the recommended allowance was calcium with 30 percent of suburban, 34 percent of nonmetropolitan, and 35 percent of central city households failing to meet the RDA. The use of more milk products per person by suburban households during the survey week--the calcium equivalent of 1 pint of milk--probably helped more of them meet their calcium allowances.

High money value of food or high expenditure for food is generally expected to result in diets of higher nutritional quality, whereas extremely low spending usually results in diets that are considered to be less nutritious. The money value of food used at home in a week was slightly higher per person in the central city (\$17.53) than in the suburbs (\$17.28). Nonmetropolitan households had the lowest money value per person for home food (\$15.42) and the lowest percentage of diets that met the RDA for all 7 nutrients (53 percent) as well as for all 11 nutrients evaluated (44 percent). On the other hand, central city households spent \$2 more per person on home food in the survey week but did only slightly better than nonmetropolitan households in attaining the RDA for all 7 nutrients (54 percent) and for all 11 nutrients (47 percent).

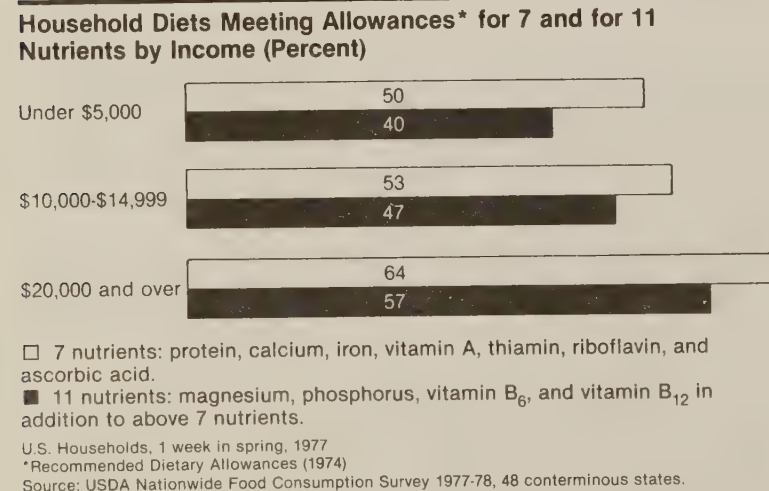
In addition, low levels of spending are usually related not only to less nutritious food supplies, but also to higher nutrient returns per food dollar. Diets that are low in cost usually include some relatively inexpensive foods that furnish substantial amounts of nutrients. However, a higher average return in nutrients may not necessarily mean households consciously chose more nutritious foods. Among the three urbanizations studied, the highest nutrient returns per food dollar were received by nonmetropolitan households. These returns may be attributed in part to the use of sizable amounts of such inexpensive foods as enriched flour and bread, some cereals, dry beans, and potatoes.

Purchased food accounted for most of the money value of home food in every urbanization. However, food that was home produced or received as a gift or as pay accounted for a larger share of the total value of home food in nonmetropolitan areas--11 percent, compared with 6 percent in the suburbs and 3 percent in the central city.

Differences by Income

Dietary adequacy, as measured by the percentage of diets meeting the allowances for all 7 selected nutrients and for all 11 nutrients evaluated, was related to household income. Proportionately more households at the high- (\$20,000 and over) and middle-income levels (\$10,000-\$14,999) had diets that met the allowances for all 7 and for all 11 nutrients than did those at low-income levels (under \$5,000), as shown in figure 2. The spread between lowest- and highest-income households meeting the RDA for all 11 nutrients was 17 percentage points.

Figure 2

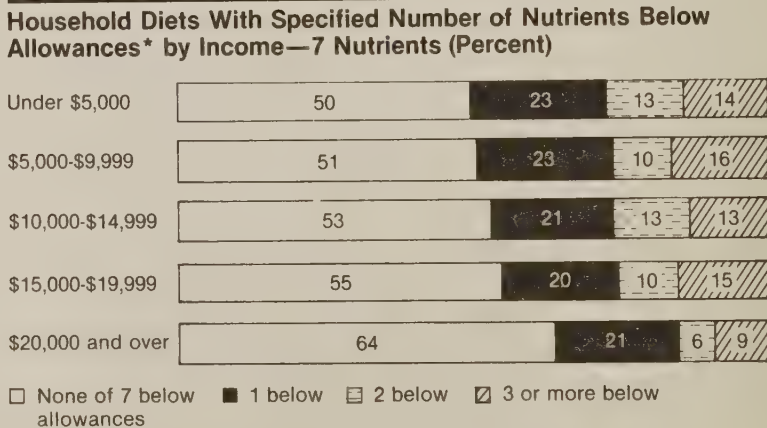


High income alone did not ensure good diets. Thirty-six percent of the households with high incomes had diets

below the allowances for at least one of the seven specified nutrients and 6 percent had diets below 60 percent of the allowances for at least one of these nutrients. Nonetheless, the greatest percentage of diets below the allowances was found among low-income households where 50 percent had diets that did not meet the RDA for one or more of the seven nutrients. Twenty percent of low-income household diets supplied less than 60 percent of the RDA for at least one of the seven nutrients.

Another measure of the relative quality of diets is the number of nutrients below the allowances. Similar proportions of households at the three specified income levels had diets that failed to meet the RDA for just one nutrient out of a total of seven nutrients (fig. 3).

Figure 3



U.S. households, 1 week in spring, 1977
*Recommended Dietary Allowances (1974)
Source: USDA Nationwide Food Consumption Survey 1977-78, 48 conterminous States.

Multiple nutrient shortages, however, were nearly twice as prevalent among low-income households as among high-income households. Of the seven nutrients, calcium, iron, and vitamin A were most often below allowances in U.S. diets at all income levels.

Of the 11 nutrients evaluated, calcium, magnesium, and vitamin B₆ were most often below allowances at all income levels, as shown by the following:

<u>Income</u>	<u>Calcium</u>	<u>Magnesium</u>	<u>Vitamin B₆</u>
	<u>Percent not meeting</u>		
All households.....	33	25	34
Under \$5,000.....	38	31	41
\$5,000-\$9,999.....	38	28	37
\$10,000-\$14,999.....	32	25	33
\$15,000-\$19,999.....	32	23	32
\$20,000 and over.....	26	18	26

At increasingly higher income levels, the proportion of diets that fell below the allowances for calcium declined progressively. Households with incomes of \$20,000 and over used 31 percent more milk, cream, and cheese per person than did households with incomes under \$5,000. The presence of substantially more teenagers in the high-income households and their overall larger household size--3.21 persons versus 1.91 persons in the low-income households--were also factors that may have contributed to greater consumption of dairy products by the high-income group. Low-income households used more of some foods that are considered good sources of magnesium and vitamin B₆, such as enriched grains (0.41 pound more per person per week than did the high-income group) and dried beans, peas, and lentils (0.10 pound more per person per week

than did the high-income group). However, these nutrient gains were more than offset by the low-income households' lower use of other foods that are good sources of magnesium and vitamin B₆, such as beef, fresh fluid milk, nuts, and vegetables.

Thirty percent of the low-income households, compared with 10 percent of the high-income households, had food worth less than \$12 per person during the survey week. The average per-person money value of home food for low-income households was \$15.87 during the survey week in contrast to \$18.70 per person for high-income households--a difference of \$2.83. The higher nutrient returns per food dollar for vitamin A, riboflavin, thiamin, and vitamin B₁₂ for low-income households than for others were influenced, in part, by their lower money value of home food per person. The return for vitamin A averaged 26 percent more per food dollar for the low- than for the high-income households--probably because of their greater use of liver and dark-green vegetables, as well as substantial use of deep-yellow vegetables. Despite the generally high nutrient return for their food dollars, households with low incomes were less likely to have food that provided recommended levels of nutrients than those with high incomes--partly because they did not spend as much for food.

In addition to the amount of income available for food expenditures, food choices may be affected by such factors as region, urbanization, household size, and race. For example, the largest proportion of low-income households surveyed in the South was in the central city. In these southern cities, nearly one-half of the respondents were black. Conversely, there were more high- than low-income households in the suburbs than in other urbanizations of the Northeast and North Central regions. In the suburbs of these regions, nearly all of the respondents were white.

Comparison with 1965

There were changes in food use between the spring of 1965, when the previous USDA nationwide food consumption survey was conducted, and the spring of 1977, when the most recent survey was made. The changes occurred for many reasons, including:

- Decreased household size.
- Changes in incomes and lifestyles.
- Less distinct regional differences due to population shifts associated with greater geographic mobility.
- Greater employment of women with accompanying changes in their roles in society.
- Expansion of public food and nutrition programs.
- Substantial movements in food prices and supplies.
- Shifts in consumer food preferences, some of which were influenced by concerns related to nutrition and health.
- Introduction of new food products in the market, particularly in the form of dietetic, fabricated, and imitation foods.
- Improvements in food marketing and transportation systems providing the consumer with a variety of foods, regardless of season.

Changes in the amounts of nutrients from the household food supply also occurred because of modifications in the kinds and quantities of foods used. Nutrient differences between 1965 and 1977 can be further attributed to such

factors as expansion in the enrichment and fortification of foods on the market during this time interval; revisions in the nutrient values assigned to foods reported in the the 1977 survey; and to differences in the sex and age of persons who ate in survey households in the two samples.

NUTRITIVE VALUE OF DIETS PER PERSON

Average amounts of nutrients were calculated on a per-person basis from the food supplies of households in spring 1965 (3) and 1977. This measure gives some indication of the level of nutrients available per person for 1 day from food used in a week, but does not adjust for differences in the sex-age composition of the households. In the 1965 survey, food energy, protein, fat, carbohydrate, and the following nutrients were studied--calcium, iron, vitamin A, thiamin, riboflavin, preformed niacin, and ascorbic acid. These same nutrients, plus four additional ones--magnesium, phosphorus, vitamin B₆, and vitamin B₁₂--were studied in the 1977 survey.

<u>Nutrient</u>	<u>Unit</u>	<u>Nutritive value per person¹ per day</u>		<u>Percent change from 1965</u>
		<u>1965</u>	<u>1977</u>	
Food energy.....	<u>Cal..</u>	3,211	2,951	- 8
Protein.....	<u>g....</u>	106	104	- 2
Fat.....	<u>g....</u>	154	143	- 7
Carbohydrate.....	<u>g....</u>	353	313	- 11
Calcium.....	<u>mg....</u>	1,113	1,090	- 2
Iron.....	<u>mg....</u>	19.5	20.2	+ 4
Vitamin A.....	<u>IU...</u>	7,330	7,655	+ 4
Thiamin.....	<u>mg....</u>	1.57	1.91	+ 22
Riboflavin.....	<u>mg....</u>	2.38	2.61	+ 10
Preformed niacin.....	<u>mg....</u>	25	27	+ 8
Ascorbic acid....	<u>mg....</u>	101	139	+ 38

¹21 meals at home equal 1 person.

Comparisons between the two surveys show lower levels of food energy, fat, and carbohydrate and higher levels of thiamin, riboflavin, preformed niacin, and ascorbic acid from food used in spring 1977 than in spring 1965. Levels of protein and calcium per person remained essentially the same. Levels of iron and vitamin A increased slightly. Declines in food energy, fat, and carbohydrate appear to reflect the use of less food per person, in general, in 1977 than in 1965, as shown by the following:

<u>Food group</u>	<u>Quantity per person in a week</u>		<u>Change from 1965 to 1977</u>
	<u>1965</u>	<u>1977</u>	
	<u>-----Pounds-----</u>		<u>Percent</u>
Milk, cream, cheese (calcium equivalent)....	8.76	8.47	- 3
Meat, poultry, fish.....	4.58	4.86	+ 6
Other protein foods.....	1.11	.93	- 16
Vegetables.....	5.35	5.17	- 3
Fruit.....	3.73	4.00	+ 7
Grain products (flour equivalent).....	2.65	2.20	- 17
Fats, oils.....	.83	.72	- 13
Sugar, sweets (sugar equivalent).....	1.37	1.20	- 12

Despite the use of less cereal and grain products in 1977, their increased enrichment probably contributed to higher levels of iron, thiamin, and riboflavin in household diets. Likewise, the increased fortification of many food products and beverages with ascorbic acid contributed to the sharp increase in this nutrient.

Although levels of food energy, fat, and carbohydrate notably decreased, the proportion of calories derived from the macronutrients remained similar in both surveys. In 1965, protein contributed 13 percent, fat provided 43 percent, and carbohydrate supplied 44 percent of the total calories in household diets. In 1977, the contributions by the nutrients mentioned above were 14, 44, and 42 percent, respectively.

NUTRITIVE VALUE OF DIETS PER NUTRITION UNIT

To permit comparisons between groups of households with different compositions, a special procedure was used in both 1965 and 1977 to express the amount of each nutrient in household diets per nutrition unit. This procedure adjusts for the differing needs of persons who ate in the household and for the varying number of meals eaten from home food supplies.⁵ Nutrition units were based on the RDA for all sex-age groups for each nutrient at the time the survey was conducted. Because some of the RDA differed in the two surveys, nutrition units and values per unit may not be truly comparable.

The average quantities of nutrients per nutrition unit per day provided by household food were much greater than the RDA for the adult male both in 1965 and in 1977, as shown in the table on the following page.

⁵See Definitions and Explanations, "Household Size in Equivalent Nutrition Units."

Nutrient	Unit	Average per adult male equivalent	1963 RDA for adult male	Percent of 1963 RDA
		1965 survey		
Food energy.... <u>Cal.</u>		4,319	2,900	149
Protein..... <u>g...</u>		125	70	179
Calcium..... <u>mg..</u>		996	800	124
Iron..... <u>mg..</u>		16.0	10.0	160
Vitamin A..... <u>IU..</u>		8,200	5,000	164
Thiamin..... <u>mg..</u>		2.09	1.20	174
Riboflavin..... <u>mg..</u>		3.03	1.70	178
Ascorbic acid.. <u>mg..</u>		108	70	154

			Percent of 1974
			RDA
	<u>1977 survey</u>	<u>1974 RDA</u>	
Food energy.... <u>Cal.</u>	3,577	2,700	132
Protein..... <u>g...</u>	125	56	223
Calcium..... <u>mg..</u>	1,006	800	126
Iron..... <u>mg..</u>	15.1	10.0	151
Vitamin A..... <u>IU..</u>	9,234	5,000	185
Thiamin..... <u>mg..</u>	2.34	1.40	167
Riboflavin..... <u>mg..</u>	3.14	1.60	196
Ascorbic acid.. <u>mg..</u>	142	45	316

The nutrient with the least margin over the RDA was calcium. In both 1965 and 1977, calcium per nutrition unit averaged about 1,000 milligrams, which is 25 percent over the recommended allowance of 800 milligrams for the adult male. The nutrients with the greatest increases in margin over the allowances in 1977 were protein and ascorbic acid. These increases can be attributed primarily to the reduction in the RDA for these nutrients between 1963 and 1974. Although the RDA decreased for food energy, there was no corresponding increase in the margin over

the allowance because households in 1977 used less food overall. Consequently, the amount of food energy per nutrition unit declined 17 percentage points between 1965 and 1977. Iron declined by 9 percentage points. Some of the decrease in iron may be explained by increases in the iron allowances for teenagers and middle-aged women.

QUALITY OF DIETS

In 1965, the 1963 RDA were used to evaluate the nutrient content of household food and in 1977, the 1974 RDA were used. Comparisons between the two surveys can only be stated in general terms because the 1965 data were not reappraised using the 1974 RDA and the updated nutrient values used in 1977. In addition to updating nutritive values in 1977, revisions were made to the cooking loss factors applied to vitamins and to conversion factors used for converting various foods to equivalent weights.

In both 1965 and 1977, fewer households had diets that met the allowances for vitamin A and calcium than for the other nutrients. In 1977, however, there was improvement in the proportion of diets meeting the recommendations for vitamin A. Eighty percent of the households in 1977 compared to 74 percent in 1965 met the RDA for vitamin A, reflecting an increase in the use of dark-green vegetables and fruit--foods which supply a good share of the vitamin A in the diet. On the other hand, the decrease in use of the milk, cream, and cheese group--the main source of calcium in household diets--probably accounted for the slight decline in the percentage of diets that met the RDA for calcium.

Ascorbic acid, the third nutrient short in many household diets in 1965, was found well above the RDA in most household diets in 1977. Some of this change can be

attributed to the substantial reduction in the RDA for ascorbic acid. Other factors, such as the greater fortification of foods and beverages with ascorbic acid and the increased use of citrus fruit, contributed to the substantially higher percentage of diets meeting the allowance for ascorbic acid--93 percent in 1977 compared to 73 percent in 1965.

The proportion of households in 1965 and 1977 with diets meeting the recommended allowances in effect at the time of the survey is as follows:

<u>Nutrient</u>	1965 diets meeting <u>1963 RDA</u>	1977 diets meeting <u>1974 RDA</u>
	----- <u>Percent</u> -----	
All 7 nutrients.....	50	55
Protein.....	95	98
Calcium.....	70	67
Iron.....	90	84
Vitamin A.....	74	80
Thiamin.....	92	88
Riboflavin.....	94	95
Ascorbic acid.....	73	93

FOOD USED

Compared to spring 1965, U.S. households in the spring of 1977 used more of the meat, poultry, and fish group and more of the fruit group per equivalent person during the week of the survey. At the same time, U.S. households in the spring of 1977 used less of six other major categories of food--milk, cream, cheese; other protein food; vegetables; grain products; fats and oils; and sugar and sweets. The following tabulation for the two survey periods shows the consumption of foods grouped according to their nutritional content. A more detailed listing of foods with quantities used in 1977 and 1965, grouped by marketing categories, is shown in table 25 of Report No. H-1 (4).

<u>Food group</u> ¹	<u>Quantity per person</u> <u>in a week</u>		<u>Change</u> <u>from</u> <u>1965</u>
	<u>1965</u>	<u>1977</u>	
	<u>-----Pounds-----</u>		<u>Percent</u>
Milk, cream, cheese (calcium equivalent).....	8.76	8.47	- 3
Milk.....	6.71	6.17	- 8
Cream, ice cream.....	.60	.54	- 10
Cheese.....	.36	.42	+ 17
Meat, poultry, fish.....	4.58	4.86	+ 6
Meat.....	3.36	3.51	+ 4
Beef.....	1.65	1.91	+ 16
Bacon, salt pork.....	.27	.19	- 30
Other pork.....	.83	.83	0
Poultry.....	.86	.94	+ 9
Fish, shellfish.....	.37	.41	+ 11
Other protein foods.....	1.11	.93	- 16
Eggs (fresh equivalent).....	.82	.67	- 18
Dry beans, peas, lentils (dry weight).....	.17	.13	- 24
Nuts, peanut butter (shelled weight).....	.12	.14	+ 17
Vegetables.....	5.35	5.17	- 3
Potatoes (fresh equivalent).....	1.90	1.61	- 15
Dark green, deep yellow.....	.48	.54	+ 12
Tomatoes.....	.76	.72	- 5
Other vegetables.....	2.43	2.59	+ 7

<u>Food group¹</u>	<u>Quantity per person</u> <u>in a week</u>		<u>Change</u> <u>from</u>
	<u>1965</u>	<u>1977</u>	<u>1965</u>
	<u>-----Pounds-----</u>		<u>Percent</u>
Fruit.....	3.73	4.00	+ 7
Citrus (single-strength juice equivalent).....	1.22	1.73	+ 42
Other vitamin C-rich.....	.25	.32	+ 28
Other fruit.....	2.18	2.16	- 1
Grain products (flour equivalent).....	2.65	2.20	- 17
Flour, flour mixes.....	.62	.44	- 29
Cereal, pastes.....	.81	.81	0
Bread.....	1.33	.99	- 26
Other bakery products.....	.90	.79	- 12
Fats, oils.....	.83	.72	- 13
Sugar, sweets (sugar equivalent).....	1.37	1.20	- 12
Sugar, sirup, jelly, candy.....	1.12	.84	- 25
Soft drinks; dessert mixes; prepared desserts; coffee, tea, and cocoa mixes with sugar (sugar equivalent).	.25	.36	+ 44
Alcoholic beverages.....	.68	.95	+ 40

¹Mixtures and soups included with main ingredients except those mostly meat, poultry, and fish which are included with other protein foods.

Changes in consumption between 1965 and 1977 were not consistent among individual food items within the major food categories. For example, the use of milk decreased by 8 percent per person in a week while the use of cheese increased by 17 percent. Foods which showed the greatest increase in usage included the soft drink and dessert mix category--up 44 percent from 1965; citrus fruit--up 42 percent; and alcoholic beverages--up 40 percent. Alcoholic beverages showed an increase in use per person, perhaps partly because of the respondents' increased candidness in revealing consumption, coupled with the growing popularity of beer, wine, and other alcoholic beverages. Conversely, foods displaying the greatest decrease in use between the two survey periods included bacon and salt pork--down 30 percent; flour and flour mixes--down 29 percent; bread--down 26 percent; and the sugar, sirup, jelly, candy group--down 25 percent. Food categories that increased or decreased in usage by 9 or more percentage points were as follows:

<u>Food group</u>	<u>Percent change in per-person consumption from spring 1965 to spring 1977</u>
	<u>Increases (+)</u>
Soft drinks, prepared des-	
serts.....	44
Citrus fruit.....	42
Alcoholic beverages.....	40
Other vitamin C-rich fruit.	28
Nuts, peanut butter.....	17
Beef.....	16
Dark-green and deep-yellow	
vegetables.....	12
Fish, shellfish.....	11
Poultry.....	9

Decreases (-)

Bacon, salt pork.....	30
Flour, flour mixes.....	29
Bread.....	26
Sugar, sirup, jelly, candy..	25
Dry beans, peas, lentils....	24
Eggs.....	18
Potatoes.....	15
Fats, oils.....	13
Other bakery products.....	12
Cream, ice cream.....	10

MONEY VALUE OF HOME FOOD

For housekeeping households surveyed in the spring of 1977, the per-person money value of a week's home food was \$16.71. This was an increase of 90 percent over the \$8.78 per-person value of food for households surveyed in the spring of 1965. During the time between the two surveys, city prices for food at home rose about 100 percent as measured by the Consumer Price Index (CPI), Bureau of Labor Statistics, U.S. Department of Labor. When adjusted to 1977 dollars, the 1965 value of home food per person was \$17.56 compared to a value of \$16.71 for home food in 1977--a 5-percent decline.

There was little difference between 1965 and 1977 in the division of the home food dollar as shown by the following:

<u>Food group</u>	<u>1965</u>	<u>1977</u>
	<u>-----Cents-----</u>	
Milk, cream, cheese.....	12.7	12.3
Meat, poultry, fish.....	33.0	34.3
Other protein foods.....	5.3	4.4
Vegetables.....	12.3	11.9
Fruit.....	7.5	7.7
Grain products.....	12.5	11.9
Fats, oils.....	3.5	2.9
Sugar, sweets.....	6.2	6.5
Other foods.....	<u>7.0</u>	<u>8.1</u>
Total.....	100.0	100.0

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7.7. Vitamin A.....	82	82	83	83
7.8. Thiamin.....	84	84	85	85
7.9. Riboflavin.....	86	86	87	87
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7.11. Vitamin B ₁₂	90	90	91	91
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10.6.	Grain products.....	138	139	140	141
10.7.	Fats, oils.....	142	143	144	145
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Note: Asterisks (*) in these tables indicate some small value.

UNITED STATES

By urbanization

Table 1.—Number of households and household size

Urbanization and money income before taxes in 1976	Total households ¹	Household size						
		Equivalent persons ¹	Equivalent nutrition units ¹					
			Food energy	Protein	Calcium	Iron	Magnesium	Phosphorus
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)
All urbanizations:								
All households	3,473	2.78	2.29	2.30	3.00	3.70	2.41	2.99
Under \$5,000	480	1.91	1.49	1.55	2.00	2.43	1.62	2.00
\$5,000-\$9,999	617	2.53	2.05	2.09	2.72	3.31	2.18	2.71
\$10,000-\$14,999	544	2.91	2.38	2.36	3.12	3.89	2.48	3.11
\$15,000-\$19,999	438	3.22	2.66	2.62	3.47	4.38	2.74	3.46
\$20,000 and over	697	3.21	2.70	2.68	3.52	4.38	2.81	3.52
Not classified	698	2.79	2.32	2.36	3.03	3.65	2.47	3.03
Central city:								
All households	1,054	2.52	2.07	2.09	2.73	3.38	2.19	2.72
Under \$5,000	204	1.89	1.45	1.50	1.98	2.48	1.57	1.98
\$5,000-\$9,999	199	2.24	1.81	1.85	2.38	2.97	1.93	2.37
\$10,000-\$14,999	178	2.82	2.33	2.33	3.07	3.85	2.44	3.06
\$15,000-\$19,999	120	2.94	2.47	2.46	3.22	4.06	2.57	3.20
\$20,000 and over	167	3.01	2.54	2.53	3.30	4.11	2.66	3.30
Not classified	186	2.53	2.07	2.14	2.74	3.27	2.23	2.74

¹All footnotes in this report are referenced in "Table Notes," beginning on page 154

Table 1.—Number of households and household size—Continued

UNITED STATES

By urbanization

Urbanization and money income before taxes in 1976 (1)	Household size					
	Equivalent nutrition units ¹					
	Vitamin A (10)	Thiamin (11)	Ribo- flavin (12)	Vitamin B ₆ (13)	Vitamin B ₁₂ (14)	Ascorbic acid (15)
All urbanizations:						
All households	2.30	2.26	2.30	2.47	2.53	2.72
Under \$5,000	1.54	1.48	1.51	1.70	1.73	1.87
\$5,000-\$9,999	2.08	2.03	2.07	2.25	2.30	2.48
\$10,000-\$14,999	2.37	2.35	2.39	2.52	2.59	2.84
\$15,000-\$19,999	2.62	2.62	2.66	2.78	2.85	3.14
\$20,000 and over	2.68	2.66	2.71	2.86	2.94	3.15
Not classified	2.36	2.30	2.34	2.55	2.61	2.75
Central city:						
All households	2.09	2.04	2.08	2.26	2.31	2.48
Under \$5,000	1.49	1.44	1.48	1.64	1.67	1.84
\$5,000-\$9,999	1.85	1.79	1.84	2.02	2.05	2.20
\$10,000-\$14,999	2.33	2.30	2.34	2.50	2.56	2.77
\$15,000-\$19,999	2.45	2.44	2.47	2.62	2.68	2.89
\$20,000 and over	2.54	2.50	2.55	2.73	2.79	2.96
Not classified	2.13	2.06	2.10	2.32	2.37	2.50

¹See "Table Notes"

UNITED STATES

By urbanization

Table 1.—Number of households and household size—Continued

Urbanization and money income before taxes in 1976	Total households ¹	Household size						
		Equivalent persons ¹	Equivalent nutrition units ¹					
			Food energy	Protein	Calcium	Iron	Magnesium	Phosphorus
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)
Suburban:								
All households	1,255	2.94	2.43	2.42	3.19	3.95	2.54	3.18
Under \$5,000	106	1.88	1.46	1.53	1.95	2.43	1.59	1.94
\$5,000-\$9,999	196	2.59	2.07	2.12	2.79	3.38	2.21	2.78
\$10,000-\$14,999	192	2.93	2.38	2.37	3.14	3.92	2.48	3.12
\$15,000-\$19,999	170	3.41	2.82	2.77	3.69	4.65	2.91	3.68
\$20,000 and over	334	3.33	2.80	2.74	3.66	4.59	2.89	3.65
Not classified	257	2.85	2.39	2.41	3.10	3.76	2.53	3.10
Nonmetropolitan:								
All households	1,164	2.83	2.33	2.35	3.05	3.71	2.46	3.04
Under \$5,000	170	1.96	1.55	1.63	2.06	2.37	1.71	2.06
\$5,000-\$9,999	221	2.74	2.24	2.28	2.97	3.56	2.39	2.96
\$10,000-\$14,999	174	2.99	2.43	2.40	3.15	3.90	2.52	3.13
\$15,000-\$19,999	147	3.23	2.62	2.59	3.43	4.33	2.70	3.41
\$20,000 and over	196	3.19	2.69	2.68	3.48	4.27	2.81	3.47
Not classified	255	2.90	2.43	2.47	3.16	3.83	2.59	3.16

¹See "Table Notes"

UNITED STATES

Table 1.—Number of households and household size—Continued

By urbanization

Urbanization and money income before taxes in 1976 (1)	Household size					
	Equivalent nutrition units ¹					
	Vitamin A (10)	Thiamin (11)	Riboflavin (12)	Vitamin B ₆ (13)	Vitamin B ₁₂ (14)	Ascorbic acid (15)
Suburban:						
All households	2.43	2.39	2.44	2.59	2.66	2.88
Under \$5,000	1.52	1.45	1.49	1.68	1.70	1.84
\$5,000-\$9,999	2.10	2.06	2.10	2.27	2.32	2.53
\$10,000-\$14,999	2.37	2.35	2.39	2.52	2.58	2.85
\$15,000-\$19,999	2.77	2.77	2.81	2.94	3.02	3.33
\$20,000 and over	2.76	2.75	2.79	2.93	3.01	3.26
Not classified	2.42	2.36	2.40	2.61	2.67	2.81
Nonmetropolitan:						
All households	2.35	2.31	2.34	2.52	2.58	2.78
Under \$5,000	1.62	1.55	1.57	1.79	1.82	1.93
\$5,000-\$9,999	2.27	2.22	2.26	2.45	2.51	2.69
\$10,000-\$14,999	2.41	2.39	2.42	2.55	2.61	2.90
\$15,000-\$19,999	2.58	2.58	2.62	2.73	2.80	3.13
\$20,000 and over	2.68	2.65	2.70	2.86	2.94	3.14
Not classified	2.47	2.41	2.45	2.67	2.73	2.87

¹See "Table Notes"

UNITED STATES

All urbanizations

Table 2.—Household composition in terms of meals at home

Money income before taxes in 1976	Percent of total meals at home					
	Total ¹	Males 23 years and over				
		Total ¹	23-50 years	51-64 years	65-74 years	75 years and over
(1)	(2)	(3)	(4)	(5)	(6)	(7)
All households	100.0	26.4	15.7	6.5	2.9	1.4
Under \$5,000	100.0	21.6	7.7	4.8	5.8	3.4
\$5,000-\$9,999	100.0	26.0	11.9	6.2	5.5	2.5
\$10,000-\$14,999	100.0	26.6	17.4	6.3	2.2	0.7
\$15,000-\$19,999	100.0	26.6	20.0	5.7	0.7	0.2
\$20,000 and over	100.0	27.1	18.3	7.7	0.9	0.2
Not classified	100.0	28.0	15.0	7.0	3.7	2.2

Percent of total meals at home						
Females 23 years and over						
Total ¹	23-50 years		51-64 years	65-74 years	75 years and over	
	Pregnant	Other				
(8)	(9)	(10)	(11)	(12)	(13)	
All households	32.9	0.5	18.0	8.2	3.7	2.1
Under \$5,000	42.7	0.3	14.6	9.5	9.7	8.6
\$5,000-\$9,999	34.2	0.4	15.7	9.3	5.8	2.8
\$10,000-\$14,999	30.8	0.3	18.8	7.4	2.9	0.9
\$15,000-\$19,999	30.2	1.0	21.5	6.0	1.0	0.3
\$20,000 and over	29.5	0.6	19.7	7.4	0.7	0.6
Not classified	34.7	0.5	16.1	9.8	5.3	2.7

¹ See "Table Notes"

UNITED STATES

Table 2.—Household composition in terms of meals at home—Continued

All urbanizations

Money income before taxes in 1976	Percent of total meals at home										
	Total under 23 years ¹	Males 9-22 years					Females 9-22 years				
		Total	9-11 years	12-14 years	15-18 years	19-22 years	Total ¹	9-11 years	12-14 years	15-18 years	19-22 years
(1)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)	(23)	(24)
All households	40.7	12.6	2.1	3.7	4.1	2.7	12.7	2.3	3.6	3.8	2.7
Under \$5,000	35.6	9.4	1.5	2.2	2.7	2.9	10.9	1.9	2.1	2.8	3.7
\$5,000-\$9,999	39.8	10.5	1.4	3.4	3.5	2.3	13.8	2.6	3.2	4.3	3.3
\$10,000-\$14,999	42.7	12.6	2.3	4.1	3.9	2.2	11.7	2.0	3.9	2.8	2.8
\$15,000-\$19,999	43.2	12.0	2.4	3.4	4.0	2.2	12.2	3.0	3.4	3.6	1.8
\$20,000 and over	43.4	14.9	2.2	4.7	4.9	3.1	13.9	2.6	4.0	4.6	2.6
Not classified	37.3	13.8	2.5	3.5	4.5	3.3	12.5	1.8	4.0	4.0	2.5

Percent of total meals at home					
Children under 9 years					
Total ¹	Infants		1-2 years	3-5 years	6-8 years
	0-0-0.5 years	0.6-0.9 years			
(25)	(26)	(27)	(28)	(29)	(30)

All households	15.4	0.8	0.5	2.8	4.7	6.6
Under \$5,000	15.4	0.6	0.8	3.9	5.2	4.9
\$5,000-\$9,999	15.4	0.7	0.4	2.5	5.5	6.3
\$10,000-\$14,999	18.4	1.5	0.7	3.5	5.0	7.7
\$15,000-\$19,999	19.1	0.7	1.2	3.4	5.8	8.0
\$20,000 and over	14.6	0.7	0.3	2.5	4.2	6.9
Not classified	10.9	0.4	0.3	1.7	3.1	5.4

¹See "Table Notes"

UNITED STATES

Central city

Table 2.—Household composition in terms of meals at home

Money income before taxes in 1976	Percent of total meals at home					
	Total ¹	Males 23 years and over				
		Total ¹	23-50 years	51-64 years	65-74 years	75 years and over
(1)	(2)	(3)	(4)	(5)	(6)	(7)
All households	100.0	25.2	14.4	6.4	2.8	1.6
Under \$5,000	100.0	18.0	7.7	4.1	3.8	2.4
\$5,000-\$9,999	100.0	24.8	10.5	6.2	5.3	2.7
\$10,000-\$14,999	100.0	24.3	15.3	6.7	1.9	0.4
\$15,000-\$19,999	100.0	28.1	21.9	4.7	1.2	0.3
\$20,000 and over	100.0	28.4	18.4	8.3	1.0	0.7
Not classified	100.0	26.5	12.9	7.3	3.3	3.1

Percent of total meals at home						
Females 23 years and over						
Total ¹	23-50 years		51-64 years	65-74 years	75 years and over	
	Pregnant	Other				
(8)	(9)	(10)	(11)	(12)	(13)	
All households	34.0	0.5	17.8	8.5	4.2	2.7
Under \$5,000	40.3	0.5	15.9	8.8	8.8	6.3
\$5,000-\$9,999	35.2	0.0	17.6	8.2	5.6	3.2
\$10,000-\$14,999	31.0	0.5	18.6	8.2	2.7	0.7
\$15,000-\$19,999	31.3	1.4	22.4	6.2	1.3	0.0
\$20,000 and over	30.2	0.2	19.2	8.7	0.7	0.7
Not classified	37.0	0.7	13.9	10.1	6.5	5.3

¹See "Table Notes"

UNITED STATES

Table 2.—Household composition in terms of meals at home—Continued

Central city

Money income before taxes in 1976	Percent of total meals at home										
	Total under 23 years ¹	Males 9-22 years					Females 9-22 years				
		Total	9-11 years	12-14 years	15-18 years	19-22 years	Total ¹	9-11 years	12-14 years	15-18 years	19-22 years
(1)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)	(23)	(24)
All households	40.8	12.4	2.0	3.2	4.3	2.9	14.3	2.3	3.7	4.1	3.9
Under \$5,000	41.7	9.9	2.4	2.3	2.8	2.3	13.2	1.9	2.4	2.9	5.2
\$5,000-\$9,999	40.1	10.3	1.8	2.1	3.0	3.4	16.3	2.7	2.5	4.7	5.9
\$10,000-\$14,999	44.7	14.2	2.4	4.4	4.2	3.2	15.2	2.3	4.9	3.1	4.2
\$15,000-\$19,999	40.6	13.5	2.9	3.4	5.7	1.5	12.1	2.8	3.6	3.7	1.4
\$20,000 and over	41.4	14.3	1.1	4.7	5.7	2.8	15.0	2.8	3.6	5.2	3.4
Not classified	36.4	11.6	1.9	1.9	4.2	3.6	13.3	1.2	4.8	4.5	2.8

Percent of total meals at home					
Children under 9 years					
Total ¹	Infants		1-2 years	3-5 years	6-8 years
	0-0.5 years	0.6-0.9 years			
(25)	(26)	(27)	(28)	(29)	(30)

All households	14.2	0.6	0.8	2.5	4.7	5.5
Under \$5,000	18.5	1.2	0.8	4.5	7.4	4.6
\$5,000-\$9,999	13.6	0.8	0.8	2.3	4.3	5.3
\$10,000-\$14,999	15.3	0.4	1.2	2.5	4.8	6.5
\$15,000-\$19,999	15.0	0.2	1.6	2.2	4.5	6.5
\$20,000 and over	12.1	0.8	0.0	2.3	3.7	5.3
Not classified	11.5	0.2	0.5	1.6	4.3	4.9

¹ See "Table Notes"

UNITED STATES

Suburban

Table 2.—Household composition in terms of meals at home

Money income before taxes in 1976	Percent of total meals at home					
	Total ¹	Males 23 years and over				
		Total ¹	23-50 years	51-64 years	65-74 years	75 years and over
(1)	(2)	(3)	(4)	(5)	(6)	(7)
All households	100.0	26.5	16.7	6.4	2.4	1.0
Under \$5,000	100.0	21.8	7.0	6.2	5.1	3.5
\$5,000-\$9,999	100.0	26.4	13.2	5.1	5.3	2.9
\$10,000-\$14,999	100.0	27.5	17.8	5.8	2.7	1.3
\$15,000-\$19,999	100.0	25.2	19.2	5.3	0.5	0.2
\$20,000 and over	100.0	25.9	18.3	7.0	0.6	0.0
Not classified	100.0	28.9	16.2	7.9	3.9	0.9

Percent of total meals at home						
Females 23 years and over						
Total ¹	23-50 years		51-64 years	65-74 years	75 years and over	
	Pregnant	Other				
(8)	(9)	(10)	(11)	(12)	(13)	
All households	31.7	0.6	18.9	7.6	2.9	1.4
Under \$5,000	43.8	0.0	18.2	9.6	8.5	7.4
\$5,000-\$9,999	33.1	0.7	14.3	9.0	5.8	3.1
\$10,000-\$14,999	30.5	0.5	19.3	6.6	3.0	0.9
\$15,000-\$19,999	30.9	1.1	21.4	6.0	1.5	0.4
\$20,000 and over	29.0	0.6	20.8	6.3	0.5	0.4
Not classified	33.3	0.5	17.0	10.1	4.1	1.3

¹See "Table Notes"

UNITED STATES

Table 2.—Household composition in terms of meals at home—Continued

Suburban

Money income before taxes in 1976	Percent of total meals at home										
	Total under 23 years ¹	Males 9-22 years					Females 9-22 years				
		Total	9-11 years	12-14 years	15-18 years	19-22 years	Total ¹	9-11 years	12-14 years	15-18 years	19-22 years
(1)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)	(23)	(24)
All households	41.8	12.7	2.0	4.2	4.0	2.6	12.9	2.5	3.7	4.1	2.5
Under \$5,000	34.4	9.3	0.4	2.0	1.8	5.1	10.4	1.0	1.6	3.5	3.8
\$5,000-\$9,999	40.5	9.0	1.2	2.9	3.4	1.4	13.7	2.4	3.3	4.9	2.7
\$10,000-\$14,999	42.0	10.8	1.1	4.5	3.7	1.5	11.4	1.6	3.8	3.1	2.8
\$15,000-\$19,999	44.0	13.1	1.6	4.2	4.3	3.0	11.7	3.0	3.3	3.5	1.8
\$20,000 and over	45.1	14.9	2.5	4.7	4.9	2.8	14.1	2.8	4.6	4.4	2.3
Not classified	37.8	14.2	3.1	4.4	3.7	2.9	13.1	2.7	3.3	4.6	2.5

Percent of total meals at home					
Children under 9 years					
Total ¹	Infants		1-2 years	3-5 years	6-8 years
	0-0.5 years	0.6-0.9 years			
(25)	(26)	(27)	(28)	(29)	(30)

All households	16.2	0.8	0.5	3.1	4.6	7.2
Under \$5,000	14.7	0.0	1.5	5.3	4.0	3.9
\$5,000-\$9,999	17.7	0.7	0.1	4.0	6.6	6.3
\$10,000-\$14,999	19.7	1.6	0.7	3.6	4.9	8.9
\$15,000-\$19,999	19.1	0.7	0.8	4.1	5.3	8.2
\$20,000 and over	16.1	0.5	0.5	2.8	4.6	7.7
Not classified	10.5	0.8	0.2	1.2	2.6	5.6

¹See "Table Notes"

UNITED STATES

Nonmetropolitan

Table 2.—Household composition in terms of meals at home

Money income before taxes in 1976	Percent of total meals at home					
	Total ¹	Males 23 years and over				
		Total ¹	23-50 years	51-64 years	65-74 years	75 years and over
(1)	(2)	(3)	(4)	(5)	(6)	(7)
All households	100.0	27.4	15.6	6.8	3.4	1.6
Under \$5,000	100.0	25.7	8.0	4.9	8.4	4.4
\$5,000-\$9,999	100.0	26.7	11.8	7.2	5.7	2.0
\$10,000-\$14,999	100.0	27.6	18.9	6.4	1.9	0.4
\$15,000-\$19,999	100.0	27.3	19.5	7.0	0.7	0.2
\$20,000 and over	100.0	28.2	18.0	8.5	1.4	0.3
Not classified	100.0	28.0	15.1	5.9	3.8	3.1

Percent of total meals at home						
Females 23 years and over						
Total ¹	23-50 years		51-64 years	65-74 years	75 years and over	
	Pregnant	Other				
(8)	(9)	(10)	(11)	(12)	(13)	
All households	33.3	0.5	17.0	8.6	4.3	2.5
Under \$5,000	44.9	0.3	10.8	10.2	11.5	12.0
\$5,000-\$9,999	34.3	0.4	15.5	10.3	5.9	2.2
\$10,000-\$14,999	30.9	0.0	18.4	7.7	3.1	1.0
\$15,000-\$19,999	28.5	0.7	20.8	5.9	0.3	0.3
\$20,000 and over	29.9	1.0	18.2	8.2	1.1	0.8
Not classified	34.7	0.5	16.7	9.3	5.8	2.4

¹See "Table Notes"

UNITED STATES

Table 2.—Household composition in terms of meals at home—Continued

Nonmetropolitan

Money income before taxes in 1976	Percent of total meals at home										
	Total under 23 years ¹	Males 9-22 years					Females 9-22 years				
		Total	9-11 years	12-14 years	15-18 years	19-22 years	Total ¹	9-11 years	12-14 years	15-18 years	19-22 years
(1)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)	(23)	(24)
All households	39.3	12.8	2.3	3.6	4.0	2.8	11.2	2.1	3.4	3.3	2.0
Under \$5,000	29.4	8.9	1.2	2.3	3.2	2.2	8.5	2.4	2.1	2.2	1.9
\$5,000-\$9,999	39.0	12.0	1.1	4.7	3.9	2.3	12.1	2.7	3.6	3.4	1.7
\$10,000-\$14,999	41.5	13.0	3.5	3.5	3.8	2.2	8.7	2.0	3.0	2.2	1.3
\$15,000-\$19,999	44.2	9.4	2.9	2.3	2.3	1.8	12.8	3.1	3.5	3.8	2.1
\$20,000 and over	41.8	15.3	2.6	4.5	4.4	3.9	12.5	2.1	3.3	4.4	2.5
Not classified	37.3	14.9	2.4	3.6	5.5	3.4	11.4	1.2	4.1	3.0	2.3

Percent of total meals at home						
Children under 9 years						
Total ¹	Infants		1-2 years	3-5 years	6-8 years	
	0-0.5 years	0.6-0.9 years				
(25)	(26)	(27)	(28)	(29)	(30)	
All households	15.3	0.9	0.4	2.6	4.6	6.8
Under \$5,000	12.0	0.3	0.3	2.4	3.4	5.7
\$5,000-\$9,999	14.9	0.6	0.2	1.4	5.5	7.1
\$10,000-\$14,999	19.9	2.5	0.3	4.4	5.2	7.5
\$15,000-\$19,999	22.0	1.2	1.3	3.5	7.2	8.8
\$20,000 and over	14.0	0.8	0.1	2.1	4.1	6.9
Not classified	10.9	0.2	0.1	2.3	2.9	5.4

¹See "Table Notes"

Table 3.—Nutritive value of diets per person

UNITED STATES

By urbanization

Urbanization and money income before taxes in 1976	Average per day ¹							
	Food energy	Protein	Fat	Carbo- hydrate	Calcium	Iron	Magne- sium	Phos- phorus
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)
	<i>Cal</i>	<i>g</i>	<i>g</i>	<i>g</i>	<i>mg</i>	<i>mg</i>	<i>mg</i>	<i>mg</i>
All urbanizations:								
All households	2,951	103.8	142.6	313.2	1,090	20.2	403	1,777
Under \$5,000	2,897	101.9	138.2	312.6	1,050	20.6	391	1,752
\$5,000-\$9,999	2,859	99.1	137.6	309.7	1,009	19.9	392	1,693
\$10,000-\$14,999	2,897	100.4	138.8	313.4	1,068	20.3	394	1,736
\$15,000-\$19,999	2,861	99.8	141.4	294.2	1,053	19.0	382	1,708
\$20,000 and over	3,027	109.6	145.8	316.6	1,182	20.4	425	1,869
Not classified	3,030	105.9	147.0	321.7	1,098	20.6	409	1,812
Central city:								
All households	2,968	107.0	145.0	308.0	1,071	20.8	406	1,785
Under \$5,000	2,841	104.9	138.3	292.7	993	21.1	382	1,697
\$5,000-\$9,999	2,793	99.0	138.3	289.0	957	19.7	383	1,643
\$10,000-\$14,999	2,881	101.1	139.7	305.7	1,020	20.0	390	1,714
\$15,000-\$19,999	2,838	100.4	139.8	285.7	1,049	19.6	383	1,701
\$20,000 and over	3,029	113.9	147.0	313.7	1,154	21.0	435	1,902
Not classified	3,303	117.9	161.6	345.2	1,208	22.7	440	1,972

¹See "Table Notes"

UNITED STATES

By urbanization

Table 3.—Nutritive value of diets per person—Continued

Urbanization and money income before taxes in 1976	Average per day ¹						
	Vitamin A	Thiamin	Riboflavin	Preformed niacin	Vitamin B ₆	Vitamin B ₁₂	Ascorbic acid
(1)	(10)	(11)	(12)	(13)	(14)	(15)	(16)
	<i>IU</i>	<i>mg</i>	<i>mg</i>	<i>mg</i>	<i>mg</i>	<i>mcg</i>	<i>mg</i>
All urbanizations:							
All households	7,655	1.91	2.61	27.3	2.20	6.16	139
Under \$5,000	8,391	2.01	2.62	27.2	2.19	6.66	137
\$5,000-\$9,999	7,928	1.88	2.50	26.5	2.14	6.03	136
\$10,000-\$14,999	7,130	1.90	2.54	26.6	2.14	5.95	131
\$15,000-\$19,999	6,699	1.77	2.48	26.0	2.06	5.81	130
\$20,000 and over	7,822	1.93	2.74	28.5	2.31	6.34	149
Not classified	7,922	1.93	2.65	27.8	2.25	6.18	143
Central city:							
All households	8,706	1.94	2.62	27.7	2.30	6.69	153
Under \$5,000	9,187	2.01	2.57	27.5	2.32	7.27	150
\$5,000-\$9,999	8,752	1.80	2.39	25.7	2.14	6.27	143
\$10,000-\$14,999	7,570	1.90	2.49	26.8	2.19	6.43	149
\$15,000-\$19,999	7,611	1.73	2.50	26.1	2.13	6.35	134
\$20,000 and over	8,782	1.96	2.72	28.8	2.42	6.39	165
Not classified	10,048	2.17	2.95	30.4	2.51	7.35	165

¹See "Table Notes"

UNITED STATES

Table 3.—Nutritive value of diets per person —Continued

By urbanization

Urbanization and money income before taxes in 1976	Average per day ¹							
	Food energy	Protein	Fat	Carbo- hydrate	Calcium	Iron	Magne- sium	Phos- phorus
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)
	<i>Cal</i>	<i>g</i>	<i>g</i>	<i>g</i>	<i>mg</i>	<i>mg</i>	<i>mg</i>	<i>mg</i>
Suburban:								
All households	2,942	104.9	142.4	309.8	1,120	20.1	407	1,792
Under \$5,000	2,720	98.1	132.5	287.0	1,011	19.0	383	1,705
\$5,000-\$9,999	2,930	103.3	140.7	316.6	1,049	20.6	400	1,752
\$10,000-\$14,999	2,867	102.4	136.1	310.1	1,122	20.7	397	1,764
\$15,000-\$19,999	2,980	106.2	149.7	297.7	1,074	19.4	399	1,775
\$20,000 and over	3,003	108.0	143.8	317.6	1,217	20.1	426	1,859
Not classified	2,927	103.6	142.3	307.0	1,083	19.9	401	1,768
Nonmetropolitan:								
All households	2,946	99.9	140.8	321.1	1,071	19.9	396	1,754
Under \$5,000	3,068	100.7	141.6	350.8	1,140	20.9	405	1,843
\$5,000-\$9,999	2,848	95.7	134.6	319.3	1,015	19.4	392	1,680
\$10,000-\$14,999	2,945	97.7	140.8	324.3	1,057	20.1	395	1,727
\$15,000-\$19,999	2,734	91.4	132.3	296.4	1,030	18.2	360	1,630
\$20,000 and over	3,066	109.0	148.4	317.3	1,145	20.5	414	1,863
Not classified	2,958	100.5	142.4	321.2	1,043	19.9	398	1,754

¹See "Table Notes"

UNITED STATES

Table 3.—Nutritive value of diets per person—Continued

By urbanization

Urbanization and money income before taxes in 1976	Average per day ¹						
	Vitamin A	Thiamin	Riboflavin	Preformed niacin	Vitamin B ₆	Vitamin B ₁₂	Ascorbic acid
(1)	(10)	(11)	(12)	(13)	(14)	(15)	(16)
	IU	mg	mg	mg	mg	mcg	mg
Suburban:							
All households	7,555	1.88	2.65	27.5	2.21	6.32	143
Under \$5,000	8,315	1.81	2.53	25.8	2.01	7.17	119
\$5,000-\$9,999	8,755	1.95	2.69	27.4	2.24	7.44	149
\$10,000-\$14,999	7,123	1.91	2.58	26.6	2.14	5.46	132
\$15,000-\$19,999	6,667	1.81	2.54	27.5	2.15	6.13	139
\$20,000 and over	7,568	1.90	2.76	28.2	2.29	6.32	152
Not classified	7,494	1.84	2.59	27.3	2.21	6.08	143
Nonmetropolitan:							
All households	6,619	1.90	2.56	26.7	2.12	5.57	124
Under \$5,000	7,516	2.13	2.73	27.7	2.14	5.64	134
\$5,000-\$9,999	6,628	1.89	2.44	26.2	2.05	4.68	120
\$10,000-\$14,999	6,713	1.90	2.54	26.5	2.10	6.03	113
\$15,000-\$19,999	6,058	1.74	2.37	24.0	1.90	5.02	117
\$20,000 and over	7,503	1.94	2.72	28.6	2.28	6.35	130
Not classified	6,989	1.87	2.52	26.7	2.13	5.54	129

¹ See "Table Notes"

UNITED STATES

By urbanization

Table 4.—Nutritive value of diets per nutrition unit¹

Urbanization and money income before taxes in 1976	Average per day ¹											
	Food energy	Protein	Calcium	Iron	Magne- sium	Phos- phorus	Vitamin A	Thiamin	Ribo- flavin	Vitamin B ₆	Vitamin B ₁₂	Ascorbic acid
	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
	<i>Cal</i>	<i>g</i>	<i>mg</i>	<i>mg</i>	<i>mg</i>	<i>mg</i>	<i>IU</i>	<i>mg</i>	<i>mg</i>	<i>mg</i>	<i>mcg</i>	<i>mg</i>
All urbanizations:												
All households	3,577	125.1	1,006	15.1	464	1,645	9,234	2.34	3.14	2.47	6.76	142
Under \$5,000	3,719	125.2	1,000	16.2	460	1,675	10,369	2.59	3.30	2.46	7.35	140
\$5,000-\$9,999	3,529	120.0	938	15.2	454	1,577	9,629	2.35	3.06	2.40	6.63	138
\$10,000-\$14,999	3,540	123.6	997	15.2	462	1,626	8,747	2.36	3.10	2.47	6.70	135
\$15,000-\$19,999	3,468	122.5	976	14.0	448	1,590	8,235	2.17	3.00	2.39	6.56	134
\$20,000 and over	3,594	131.5	1,078	15.0	485	1,707	9,355	2.32	3.25	2.60	6.93	152
Not classified	3,640	125.0	1,010	15.7	461	1,669	9,353	2.34	3.16	2.45	6.60	145
Central city:												
All households	3,612	128.5	988	15.5	465	1,650	10,485	2.39	3.16	2.56	7.29	155
Under \$5,000	3,690	131.9	943	16.1	460	1,620	11,634	2.62	3.28	2.68	8.23	154
\$5,000-\$9,999	3,466	119.7	900	14.9	444	1,550	10,629	2.25	2.91	2.38	6.85	146
\$10,000-\$14,999	3,478	122.3	936	14.6	450	1,577	9,157	2.32	2.99	2.48	7.07	152
\$15,000-\$19,999	3,375	120.2	960	14.2	438	1,561	9,129	2.09	2.97	2.40	6.97	137
\$20,000 and over	3,591	135.2	1,050	15.4	491	1,733	10,389	2.36	3.21	2.67	6.88	168
Not classified	3,040	139.7	1,117	17.6	499	1,824	11,971	2.67	3.55	2.73	7.86	167

¹See "Table Notes"

Table 4.—Nutritive value of diets per nutrition unit¹—Continued

UNITED STATES

By urbanization

Urbanization and money income before taxes in 1976	Average per day ¹											
	Food energy	Protein	Calcium	Iron	Magnesium	Phosphorus	Vitamin A	Thiamin	Riboflavin	Vitamin B ₆	Vitamin B ₁₂	Ascorbic acid
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
	<i>Cal</i>	<i>g</i>	<i>mg</i>	<i>mg</i>	<i>mg</i>	<i>mg</i>	<i>IU</i>	<i>mg</i>	<i>mg</i>	<i>mg</i>	<i>mcg</i>	<i>mg</i>
Suburban:												
All households	3,562	127.3	1,032	14.9	471	1,656	9,155	2.31	3.19	2.50	6.98	146
Under \$5,000	3,500	119.9	972	14.7	452	1,648	10,232	2.35	3.18	2.24	7.90	121
\$5,000-\$9,999	3,654	126.1	973	15.8	468	1,631	10,764	2.45	3.31	2.55	8.30	152
\$10,000-\$14,999	3,521	126.7	1,047	15.5	468	1,654	8,787	2.37	3.16	2.48	6.19	136
\$15,000-\$19,999	3,609	130.8	992	14.2	468	1,645	8,204	2.22	3.08	2.49	6.92	142
\$20,000 and over	3,573	130.9	1,107	14.6	491	1,695	9,134	2.30	3.29	2.59	6.97	156
Not classified	3,494	122.5	995	15.1	452	1,628	8,836	2.22	3.08	2.42	6.50	146
Nonmetropolitan:												
All households	3,566	120.0	992	15.1	454	1,629	8,314	2.33	3.08	2.37	6.09	126
Under \$5,000	3,882	120.9	1,083	17.3	465	1,754	9,059	2.70	3.40	2.34	6.07	136
\$5,000-\$9,999	3,473	115.1	936	15.0	449	1,552	7,969	2.33	2.95	2.28	5.10	122
\$10,000-\$14,999	3,623	121.5	1,002	15.4	468	1,644	8,300	2.38	3.13	2.47	6.89	116
\$15,000-\$19,999	3,366	114.0	970	13.6	431	1,543	7,579	2.17	2.92	2.25	5.79	120
\$20,000 and over	3,634	129.6	1,049	15.3	469	1,709	8,909	2.33	3.21	2.54	6.89	132
Not classified	3,535	118.1	957	15.1	446	1,611	8,218	2.25	2.99	2.32	5.90	130

¹See "Table Notes"

UNITED STATES

Table 5.—Nutritive value of diets per person by food group

All urbanizations

Food group	Average per day							
	Food energy	Protein	Fat	Carbo- hydrate	Calcium	Iron	Magne- sium	Phos- phorus
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)
	<i>Cal</i>	<i>g</i>	<i>g</i>	<i>g</i>	<i>mg</i>	<i>mg</i>	<i>mg</i>	<i>mg</i>
All food groups	2,951	103.8	142.6	313.2	1,090	20.2	403	1,777
Milk, cream, cheese	380	20.1	20.5	29.6	656	0.5	64	539
Milk ¹	221	13.1	10.2	19.6	476	0.2	52	374
Cream, ice cream	70	1.2	3.9	7.9	43	0.1	5	35
Cheese	77	5.3	5.9	0.7	129	0.1	5	121
Soup, mixtures ¹	12	0.4	0.5	1.4	8	0.1	2	8
Meat, poultry, fish	738	48.4	58.5	1.0	34	6.4	60	479
Beef	321	21.7	25.3	*	13	3.2	23	207
Bacon, salt pork	82	1.0	8.6	0.1	2	0.1	1	13
Other pork	145	7.6	12.5	*	4	1.1	7	78
Veal, lamb, game, and variety meat	12	1.1	0.8	*	1	0.1	1	11
Liver	4	0.5	0.1	0.1	*	0.2	1	9
Lunch meat, frankfurters	84	3.8	7.3	0.5	2	0.6	3	31
Poultry	62	8.6	2.7	0.1	5	0.7	16	87
Fish, shellfish	27	3.9	1.2	0.1	7	0.2	6	43
Other protein foods ¹	155	9.4	9.8	8.3	41	1.7	40	146
Eggs	61	4.7	4.3	0.5	22	0.8	5	69
Dry beans, peas, lentils	28	1.7	0.3	4.9	11	0.5	13	31
Nuts, peanut butter	52	2.1	4.5	1.7	6	0.2	18	36
Soup, mixtures	9	0.6	0.4	0.8	1	0.1	3	5
Plate meals	5	0.3	0.3	0.4	1	*	1	4
Vegetables ¹	168	5.6	3.3	32.1	78	2.4	68	129
Potatoes ¹	80	1.6	2.3	13.7	7	0.5	26	41
Dark green ¹	5	0.5	0.1	0.9	18	0.3	6	9
Deep yellow ¹	8	0.2	*	1.8	4	0.1	3	5
Tomatoes ¹	18	0.6	0.3	3.7	8	0.3	7	14
Other vegetables ¹	53	2.5	0.5	11.5	40	1.1	26	59
Soup, mixtures ¹	4	0.2	0.1	0.5	1	*	1	2
Fruits ¹	133	1.6	0.8	32.6	33	1.0	30	39
Citrus ¹	53	0.8	0.1	12.9	19	0.3	13	20
Other vitamin C-rich ¹	5	0.1	*	1.2	2	0.1	2	2
Other fruits ¹	75	0.6	0.6	18.5	11	0.6	15	17
Mixtures ¹	*	*	*	0.1	*	*	*	*

¹ See "Table Notes"

Spring 1977

UNITED STATES

Table 5.—Nutritive value of diets per person by food group—Continued

All urbanizations

Food group	Average per day						
	Vitamin A	Thiamin	Ribo-flavin	Preformed niacin	Vitamin B ₆	Vitamin B ₁₂	Ascorbic acid
	(10)	(11)	(12)	(13)	(14)	(15)	(16)
(1)	IU	mg	mg	mg	mg	mcg	mg
All food groups	7,655	1.91	2.61	27.3	2.20	6.16	139
Milk, cream, cheese	958	0.17	0.81	0.5	0.21	1.78	4
Milk ¹	584	0.15	0.63	0.3	0.16	1.38	4
Cream, ice cream	136	0.01	0.08	*	0.02	0.16	*
Cheese	207	0.01	0.08	*	0.02	0.21	*
Soup, mixtures ¹	31	0.01	0.02	0.1	0.01	0.04	1
Meat, poultry, fish	970	0.38	0.55	9.9	0.75	3.35	1
Beef	38	0.06	0.17	3.8	0.32	0.92	*
Bacon, salt pork	0	0.02	0.01	0.2	0.01	0.04	0
Other pork	*	0.22	0.08	1.5	0.13	0.17	*
Veal, lamb, game, and variety meat	*	*	0.01	0.2	0.01	0.06	*
Liver	684	*	0.07	0.3	0.02	1.14	1
Lunch meat, frankfurters	65	0.05	0.07	0.8	0.04	0.34	*
Poultry	168	0.02	0.11	2.1	0.17	0.13	*
Fish, shellfish	14	0.01	0.02	0.9	0.05	0.54	*
Other protein foods ¹	280	0.09	0.14	1.5	0.14	0.55	*
Eggs	202	0.03	0.11	*	0.04	0.50	*
Dry beans, peas, lentils	9	0.03	0.01	0.2	0.05	*	*
Nuts, peanut butter	1	0.02	0.01	1.1	0.03	0.00	*
Soup, mixtures	46	*	0.01	0.1	0.01	0.03	*
Plate meals	22	*	*	0.1	0.01	0.02	*
Vegetables ¹	3,143	0.19	0.17	2.5	0.37	0.01	47
Potatoes ¹	1	0.06	0.03	1.1	0.13	*	9
Dark green ¹	813	0.01	0.03	0.1	0.03	*	11
Deep yellow ¹	1,192	0.01	0.01	0.1	0.02	*	1
Tomatoes ¹	480	0.03	0.02	0.4	0.05	0.01	8
Other vegetables ¹	584	0.08	0.08	0.8	0.13	*	18
Soup, mixtures ¹	73	*	*	*	*	*	*
Fruits ¹	732	0.13	0.07	0.9	0.20	0.00	64
Citrus ¹	205	0.09	0.03	0.4	0.05	0.00	51
Other vitamin C-rich ¹	222	*	0.01	0.1	0.01	0.00	6
Other fruits ¹	305	0.04	0.04	0.4	0.14	0.00	7
Mixtures ¹	1	*	*	*	*	0.00	*

¹See "Table Notes"

UNITED STATES

All urbanizations

Table 5.—Nutritive value of diets per person by food group—Continued

Food group	Average per day							
	Food energy	Protein	Fat	Carbo- hydrate	Calcium	Iron	Magne- sium	Phos- phorus
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)
	<i>Cal</i>	<i>g</i>	<i>g</i>	<i>g</i>	<i>mg</i>	<i>mg</i>	<i>mg</i>	<i>mg</i>
Grain products, enriched	664	16.6	11.0	125.0	171	7.0	81	338
Flour	104	2.5	1.1	20.8	31	0.7	10	67
Cereal, pastes	188	4.8	1.1	40.1	32	3.4	35	113
Bread	166	5.4	1.8	31.8	70	1.6	18	76
Other bakery products ¹	188	3.4	6.5	29.5	33	1.2	17	74
Mixtures ¹	18	0.5	0.6	2.8	5	0.1	2	8
Grain products, not enriched ¹	36	1.0	1.0	5.6	9	0.2	4	17
Flour	3	0.1	*	0.7	*	*	*	1
Cereal, pastes	5	0.1	*	1.1	*	*	1	3
Bread	6	0.2	*	1.3	2	*	*	2
Other bakery products ¹	12	0.2	0.6	1.6	3	*	2	5
Soup, mixtures ¹	9	0.4	0.3	1.0	4	0.1	1	6
Fats, oils	329	0.3	36.3	1.5	7	0.1	1	7
Butter	28	*	3.2	*	1	*	*	1
Margarine	108	0.1	12.1	0.1	4	*	*	3
Salad dressing, oil	135	0.1	14.7	1.3	2	*	1	4
Lard	7	*	0.8	*	0	0.0	0	0
Vegetable shortening ¹	50	*	5.6	0.1	*	*	*	*
Sugar, sweets	296	0.6	1.4	72.0	28	0.6	13	29
Sugar, sirup, jelly, candy	199	0.4	1.3	48.3	15	0.5	7	11
Beverage powders, ades, punches, nectars, drinks	35	0.1	*	8.2	7	0.1	2	3
Soft drinks; dessert mixes; prepared desserts; coffee, tea, and cocoa mixes with sugar	62	0.2	0.1	15.5	7	0.1	3	15
Miscellaneous foods	52	0.3	0.1	5.4	32	0.5	43	55
Alcoholic beverages	39	0.2	*	2.3	3	*	6	16
Some nutritive value ¹	12	0.1	0.1	2.9	25	0.4	37	36
Little nutritive value ¹	1	0.0	0.0	0.2	4	*	*	3

¹See "Table Notes"

UNITED STATES

Table 5.—Nutritive value of diets per person by food group—Continued

All urbanizations

Food group	Average per day						
	Vitamin A	Thiamin	Ribo-flavin	Preformed niacin	Vitamin B ₆	Vitamin B ₁₂	Ascorbic acid
	(10)	(11)	(12)	(13)	(14)	(15)	(16)
(1)	IU	mg	mg	mg	mg	mcg	mg
Grain products, enriched	857	0.89	0.74	8.9	0.46	0.40	8
Flour	5	0.12	0.09	1.1	0.02	*	*
Cereal, pastes	778	0.39	0.36	4.4	0.37	0.38	7
Bread	1	0.24	0.14	2.0	0.04	*	1
Other bakery products ¹	54	0.13	0.14	1.3	0.02	0.01	*
Mixtures ¹	18	0.02	0.01	0.1	*	0.01	*
Grain products, not enriched ¹	19	0.01	0.01	0.2	0.02	0.02	*
Flour	0	*	*	*	*	*	*
Cereal, pastes	1	*	*	*	*	0.00	*
Bread	*	*	*	*	*	0.00	0
Other bakery products ¹	4	*	*	*	*	*	*
Soup, mixtures ¹	13	0.01	0.01	0.1	0.01	0.01	*
Fats, oils	675	*	0.01	*	*	0.03	*
Butter	121	*	*	0.0	0.00	0.00	0
Margarine	517	*	*	*	*	0.01	*
Salad dressing, oil	31	*	*	*	*	0.02	*
Lard	0	0.00	0.00	0.0	*	0.00	0
Vegetable shortening ¹	5	0.00	0.00	0.0	0.00	0.00	0
Sugar, sweets	21	0.02	0.04	0.2	0.01	0.02	14
Sugar, sirup, jelly, candy	6	0.01	0.02	0.1	0.01	0.01	*
Beverage powders, ades, punches, nectars, drinks	14	0.01	0.01	0.1	0.01	0.00	13
Soft drinks: dessert mixes; prepared desserts; coffee, tea, and cocoa mixes with sugar	1	*	*	*	*	*	*
Miscellaneous foods	1	*	0.07	2.8	0.04	*	*
Alcoholic beverages	*	*	0.02	0.3	0.03	0.00	*
Some nutritive value ¹	1	*	0.05	2.4	*	*	*
Little nutritive value ¹	0	0.00	0.00	0.0	0.00	0.00	0

¹ See "Table Notes"

UNITED STATES

Central city

Table 5.—Nutritive value of diets per person by food group

Food group	Average per day							
	Food energy	Protein	Fat	Carbo- hydrate	Calcium	Iron	Magne- sium	Phos- phorus
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)
	Cal	g	g	g	mg	mg	mg	mg
All food groups	2,968	107.0	145.0	308.0	1,071	20.8	406	1,785
Milk, cream, cheese	366	19.3	20.0	27.8	629	0.4	60	517
Milk ¹	212	12.4	9.9	18.8	451	0.2	49	355
Cream, ice cream	63	1.1	3.6	6.9	39	*	4	32
Cheese	79	5.4	6.0	0.7	131	0.1	5	122
Soup, mixtures ¹	12	0.4	0.6	1.4	8	0.1	2	9
Meat, poultry, fish	783	52.3	61.7	1.0	38	6.9	66	522
Beef	320	21.3	25.3	*	12	3.2	23	204
Bacon, salt pork	81	1.0	8.5	0.1	2	0.1	1	13
Other pork	160	8.5	13.7	*	5	1.3	8	87
Veal, lamb, game, and variety meat	17	1.5	1.2	*	1	0.2	1	15
Liver	5	0.7	0.2	0.2	*	0.3	1	12
Lunch meat, frankfurters	92	4.3	8.0	0.5	2	0.7	4	34
Poultry	73	10.1	3.3	0.1	6	0.9	19	102
Fish, shellfish	34	4.8	1.5	0.1	9	0.3	8	54
Other protein foods ¹	155	9.4	9.4	8.8	42	1.7	40	149
Eggs	62	4.7	4.4	0.5	22	0.8	5	70
Dry beans, peas, lentils	32	2.0	0.3	5.7	13	0.6	16	37
Nuts, peanut butter	46	1.8	4.0	1.5	5	0.2	16	32
Soup, mixtures	9	0.5	0.4	0.8	1	0.1	2	5
Plate meals	5	0.3	0.3	0.4	1	*	1	5
Vegetables ¹	161	5.7	2.7	31.5	91	2.5	70	131
Potatoes ¹	67	1.4	1.7	11.9	6	0.4	22	36
Dark green ¹	7	0.7	0.1	1.3	28	0.4	9	12
Deep yellow ¹	11	0.2	*	2.4	5	0.1	4	6
Tomatoes ¹	17	0.6	0.3	3.5	7	0.3	7	13
Other vegetables ¹	55	2.6	0.5	11.9	43	1.2	27	62
Soup, mixtures ¹	4	0.1	0.1	0.6	1	*	*	2
Fruits ¹	146	1.8	1.0	35.4	37	1.1	34	44
Citrus ¹	63	1.0	0.2	15.3	24	0.4	15	24
Other vitamin C-rich ¹	5	0.1	*	1.1	2	0.1	2	2
Other fruits ¹	78	0.7	0.7	19.0	11	0.6	16	18
Mixtures ¹	*	*	*	*	*	*	*	*

¹ See "Table Notes"

Spring 1977

UNITED STATES

Table 5.—Nutritive value of diets per person by food group—Continued

Central city

Food group	Average per day						
	Vitamin A	Thiamin	Riboflavin	Preformed niacin	Vitamin B ₆	Vitamin B ₁₂	Ascorbic acid
(1)	(10)	(11)	(12)	(13)	(14)	(15)	(16)
	<i>IU</i>	<i>mg</i>	<i>mg</i>	<i>mg</i>	<i>mg</i>	<i>mcg</i>	<i>mg</i>
All food groups	8,706	1.94	2.62	27.7	2.30	6.69	153
Milk, cream, cheese	903	0.16	0.77	0.5	0.19	1.69	4
Milk ¹	539	0.14	0.60	0.3	0.15	1.30	3
Cream, ice cream	125	0.01	0.07	*	0.02	0.14	*
Cheese	211	0.01	0.08	*	0.02	0.21	0
Soup, mixtures ¹	28	0.01	0.02	0.1	0.01	0.03	*
Meat, poultry, fish	1,325	0.42	0.61	10.8	0.82	3.96	1
Beef	38	0.05	0.17	3.7	0.31	0.89	*
Bacon, salt pork	0	0.02	0.01	0.2	0.01	0.04	0
Other pork	*	0.24	0.09	1.7	0.14	0.19	*
Veal, lamb, game, and variety meat	1	0.01	0.02	0.3	0.02	0.09	*
Liver	989	0.01	0.10	0.4	0.02	1.66	1
Lunch meat, frankfurters	68	0.06	0.08	0.9	0.04	0.37	*
Poultry	213	0.02	0.14	2.5	0.21	0.16	*
Fish, shellfish	16	0.01	0.02	1.1	0.06	0.57	*
Other protein foods ¹	281	0.09	0.15	1.4	0.14	0.57	*
Eggs	206	0.03	0.11	*	0.05	0.51	*
Dry beans, peas, lentils	8	0.04	0.02	0.2	0.05	*	*
Nuts, peanut butter	1	0.02	0.01	1.0	0.03	0.00	*
Soup, mixtures	44	*	0.01	0.1	0.01	0.03	*
Plate meals	22	*	*	0.1	0.01	0.02	*
Vegetables ¹	3,869	0.19	0.18	2.5	0.38	0.01	51
Potatoes ¹	1	0.05	0.02	0.9	0.12	*	8
Dark green ¹	1,219	0.02	0.04	0.2	0.04	*	14
Deep yellow ¹	1,474	0.01	0.01	0.1	0.03	0.00	1
Tomatoes ¹	476	0.03	0.02	0.4	0.05	*	8
Other vegetables ¹	625	0.08	0.09	0.8	0.14	*	19
Soup, mixtures ¹	74	*	*	*	*	*	*
Fruits ¹	829	0.16	0.08	1.0	0.22	0.00	75
Citrus ¹	244	0.11	0.03	0.5	0.06	0.00	62
Other vitamin C-rich ¹	261	*	0.01	0.1	0.01	0.00	6
Other fruits ¹	323	0.04	0.04	0.4	0.15	0.00	7
Mixtures ¹	*	*	*	*	*	0.00	*

¹ See "Table Notes"

UNITED STATES

Table 5.—Nutritive value of diets per person by food group—Continued

Central city

Food group	Average per day							
	Food energy	Protein	Fat	Carbo- hydrate	Calcium	Iron	Magne- sium	Phos- phorus
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)
	<i>Cal</i>	<i>g</i>	<i>g</i>	<i>g</i>	<i>mg</i>	<i>mg</i>	<i>mg</i>	<i>mg</i>
Grain products, enriched	654	16.3	10.4	124.2	158	7.0	78	316
Flour	89	2.1	1.0	17.8	23	0.6	8	53
Cereal, pastes	211	5.3	1.1	45.3	32	3.6	35	113
Bread	170	5.5	1.8	32.6	71	1.6	19	79
Other bakery products ¹	166	2.9	5.8	25.8	29	1.1	15	63
Mixtures ¹	18	0.4	0.6	2.7	4	0.1	2	7
Grain products, not enriched ¹	37	1.1	0.8	6.1	8	0.2	4	17
Flour	4	0.1	*	0.9	*	*	*	1
Cereal, pastes	7	0.2	*	1.4	1	*	1	5
Bread	8	0.2	0.1	1.6	2	*	1	2
Other bakery products ¹	10	0.1	0.4	1.3	2	*	1	4
Soup, mixtures ¹	8	0.4	0.3	0.9	3	0.1	1	5
Fats, oils	340	0.3	37.7	1.3	7	0.1	1	7
Butter	29	*	3.3	*	1	*	*	1
Margarine	100	0.1	11.2	0.1	3	*	*	3
Salad dressing, oil	158	0.1	17.3	1.1	2	*	1	4
Lard	7	*	0.8	0.0	0	0.0	0	0
Vegetable shortening ¹	45	*	5.1	0.1	*	*	*	*
Sugar, sweets	271	0.6	1.2	66.4	26	0.6	12	27
Sugar, sirup, jelly, candy	177	0.3	1.1	43.0	13	0.4	6	10
Beverage powders, ades, punches, nectars, drinks	35	0.1	*	8.4	6	0.1	3	2
Soft drinks; dessert mixes; prepared desserts; coffee, tea, and cocoa mixes with sugar	60	0.2	0.1	15.0	6	0.1	3	15
Miscellaneous foods	55	0.3	0.1	5.3	35	0.5	41	54
Alcoholic beverages	44	0.2	*	2.5	3	*	6	17
Some nutritive value ¹	11	0.1	0.1	2.6	27	0.4	34	34
Little nutritive value ¹	1	0.0	0.0	0.2	5	*	*	3

¹See "Table Notes"

Table 5.—Nutritive value of diets per person by food group—Continued

UNITED STATES

Central city

Food group	Average per day						
	Vitamin A	Thiamin	Riboflavin	Preformed niacin	Vitamin B ₆	Vitamin B ₁₂	Ascorbic acid
(1)	(10)	(11)	(12)	(13)	(14)	(15)	(16)
	<i>IU</i>	<i>mg</i>	<i>mg</i>	<i>mg</i>	<i>mg</i>	<i>mcg</i>	<i>mg</i>
Grain products, enriched	824	0.88	0.71	8.7	0.48	0.41	8
Flour	6	0.10	0.07	0.9	0.02	*	*
Cereal, pastes	749	0.41	0.36	4.5	0.38	0.39	7
Bread	1	0.25	0.15	2.1	0.05	*	1
Other bakery products ¹	49	0.11	0.12	1.1	0.02	0.01	*
Mixtures ¹	19	0.02	0.01	0.1	*	0.01	*
Grain products, not enriched ¹	18	0.02	0.01	0.2	0.02	0.01	*
Flour	0	*	*	*	*	*	0
Cereal, pastes	1	0.01	*	*	0.01	0.00	*
Bread	*	*	*	*	*	0.00	0
Other bakery products ¹	3	*	*	*	*	*	*
Soup, mixtures ¹	13	0.01	*	0.1	*	0.01	*
Fats, oils	637	*	0.01	*	*	0.03	*
Butter	126	0.00	*	0.0	0.00	0.00	0
Margarine	477	*	*	*	*	0.01	0
Salad dressing, oil	31	*	*	*	*	0.02	*
Lard	0	0.00	0.00	0.0	*	0.00	0
Vegetable shortening ¹	4	0.00	0.00	0.0	0.00	0.00	0
Sugar, sweets	19	0.02	0.03	0.2	0.01	0.01	13
Sugar, sirup, jelly, candy	5	0.01	0.02	0.1	0.01	0.01	*
Beverage powders, ades, punches, nectars, drinks	14	0.01	0.01	0.1	0.01	0.00	13
Soft drinks; dessert mixes; prepared desserts; coffee, tea, and cocoa mixes with sugar	1	*	*	*	*	*	*
Miscellaneous foods	*	*	0.06	2.6	0.04	*	*
Alcoholic beverages	*	*	0.02	0.3	0.03	0.00	*
Some nutritive value ¹	*	*	0.04	2.3	*	*	0
Little nutritive value ¹	0	0.00	0.00	0.0	0.00	0.00	0

¹See "Table Notes"

UNITED STATES

Suburban

Table 5.—Nutritive value of diets per person by food group

Food group	Average per day							
	Food energy	Protein	Fat	Carbo- hydrate	Calcium	Iron	Magne- sium	Phos- phorus
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)
	Cal	g	g	g	mg	mg	mg	mg
All food groups	2,942	104.9	142.4	309.8	1,120	20.1	407	1,792
Milk, cream, cheese	405	21.6	21.6	32.0	705	0.5	69	577
Milk ¹	232	14.0	10.4	21.0	508	0.2	56	400
Cream, ice cream	76	1.4	4.2	8.8	48	0.1	5	39
Cheese	84	5.8	6.4	0.8	141	0.1	6	129
Soup, mixtures ¹	13	0.4	0.6	1.4	8	0.1	2	9
Meat, poultry, fish	732	48.7	57.7	0.9	32	6.4	59	478
Beef	334	22.7	26.2	*	13	3.4	24	217
Bacon, salt pork	71	0.9	7.4	0.1	1	0.1	1	11
Other pork	143	7.6	12.2	*	4	1.1	7	78
Veal, lamb, game, and variety meat	13	1.2	0.8	*	1	0.1	1	12
Liver	3	0.5	0.1	0.1	*	0.2	*	8
Lunch meat, frankfurters	82	3.8	7.2	0.5	2	0.6	3	30
Poultry	60	8.5	2.6	0.1	5	0.7	16	84
Fish, shellfish	25	3.5	1.1	0.1	6	0.2	5	37
Other protein foods ¹	152	9.0	10.1	7.1	38	1.5	37	138
Eggs	59	4.5	4.2	0.5	21	0.8	4	67
Dry beans, peas, lentils	20	1.2	0.2	3.4	8	0.4	9	21
Nuts, peanut butter	57	2.3	5.0	1.9	7	0.2	20	40
Soup, mixtures	11	0.6	0.5	0.9	2	0.1	3	6
Plate meals	5	0.3	0.3	0.4	1	*	1	4
Vegetables ¹	170	5.5	3.8	31.5	72	2.3	66	126
Potatoes ¹	84	1.6	2.6	13.9	7	0.5	26	41
Dark green ¹	5	0.4	0.1	0.8	15	0.3	5	8
Deep yellow ¹	7	0.1	*	1.6	4	0.1	3	4
Tomatoes ¹	19	0.7	0.3	3.8	8	0.4	7	14
Other vegetables ¹	51	2.4	0.6	10.8	37	1.1	25	56
Soup, mixtures ¹	4	0.2	0.1	0.6	1	*	1	2
Fruits ¹	138	1.6	0.8	33.7	33	1.0	31	41
Citrus ¹	54	0.9	0.1	13.2	20	0.3	13	20
Other vitamin C-rich ¹	6	0.1	*	1.4	3	0.1	2	3
Other fruits ¹	77	0.6	0.6	18.9	11	0.6	15	18
Mixtures ¹	1	*	*	0.2	*	*	*	*

¹ See "Table Notes"

Spring 1977

UNITED STATES

Table 5.—Nutritive value of diets per person by food group—Continued

Suburban

Food group	Average per day						
	Vitamin A	Thiamin	Ribo- flavin	Preformed niacin	Vitamin B ₆	Vitamin B ₁₂	Ascorbic acid
(1)	(10)	(11)	(12)	(13)	(14)	(15)	(16)
	<i>IU</i>	<i>mg</i>	<i>mg</i>	<i>mg</i>	<i>mg</i>	<i>mcg</i>	<i>mg</i>
All food groups	7,555	1.88	2.65	27.5	2.21	6.32	143
Milk, cream, cheese	1,042	0.19	0.86	0.5	0.22	1.92	5
Milk ¹	640	0.16	0.67	0.4	0.17	1.48	4
Cream, ice cream	146	0.01	0.08	*	0.02	0.18	*
Cheese	223	0.01	0.09	*	0.02	0.23	*
Soup, mixtures ¹	33	0.01	0.02	0.1	0.01	0.04	1
Meat, poultry, fish	896	0.38	0.54	10.0	0.76	3.34	1
Beef	40	0.06	0.18	4.0	0.34	0.97	*
Bacon, salt pork	0	0.02	0.01	0.2	0.01	0.03	0
Other pork	*	0.22	0.08	1.5	0.13	0.17	*
Veal, lamb, game, and variety meat	*	*	0.01	0.2	0.01	0.07	*
Liver	616	*	0.06	0.2	0.01	1.03	1
Lunch meat, frankfurters	81	0.05	0.07	0.8	0.04	0.38	*
Poultry	146	0.02	0.11	2.1	0.17	0.13	*
Fish, shellfish	13	0.01	0.02	0.9	0.04	0.56	*
Other protein foods ¹	284	0.08	0.14	1.6	0.13	0.54	*
Eggs	198	0.03	0.11	*	0.04	0.49	*
Dry beans, peas, lentils	8	0.02	0.01	0.1	0.04	*	*
Nuts, peanut butter	1	0.02	0.01	1.3	0.03	0.00	*
Soup, mixtures	55	0.01	0.01	0.1	0.01	0.03	*
Plate meals	21	*	*	0.1	0.01	0.02	*
Vegetables ¹	2,952	0.19	0.17	2.5	0.36	0.02	46
Potatoes ¹	2	0.06	0.03	1.1	0.13	*	9
Dark green ¹	637	0.01	0.02	0.1	0.03	*	10
Deep yellow ¹	1,168	0.01	0.01	0.1	0.02	*	1
Tomatoes ¹	491	0.03	0.02	0.4	0.05	0.01	8
Other vegetables ¹	582	0.08	0.08	0.8	0.13	*	18
Soup, mixtures ¹	74	*	*	*	*	0.01	*
Fruits ¹	780	0.14	0.08	0.9	0.21	0.00	67
Citrus ¹	212	0.10	0.03	0.4	0.05	0.00	53
Other vitamin C-rich ¹	252	0.01	0.01	0.1	0.01	0.00	7
Other fruits ¹	314	0.04	0.04	0.4	0.14	0.00	7
Mixtures ¹	2	*	*	*	*	0.00	*

¹See "Table Notes"

UNITED STATES

Table 5.—Nutritive value of diets per person by food group—Continued

Suburban

Food group	Average per day							
	Food energy	Protein	Fat	Carbo- hydrate	Calcium	Iron	Magne- sium	Phos- phorus
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)
	<i>Cal</i>	<i>g</i>	<i>g</i>	<i>g</i>	<i>mg</i>	<i>mg</i>	<i>mg</i>	<i>mg</i>
Grain products, enriched	646	16.2	11.5	120.3	161	6.9	81	319
Flour	86	2.0	1.0	17.1	22	0.6	9	50
Cereal, pastes	173	4.6	1.1	36.8	28	3.3	34	104
Bread	165	5.4	1.8	31.6	69	1.6	19	77
Other bakery products ¹	204	3.7	7.0	32.0	38	1.3	19	81
Mixtures ¹	18	0.5	0.6	2.7	5	0.1	2	8
Grain products, not enriched ¹	42	1.2	1.2	6.4	11	0.2	5	19
Flour	3	0.1	*	0.6	*	*	*	1
Cereal, pastes	5	0.1	*	1.1	1	*	1	3
Bread	8	0.3	0.1	1.6	2	*	1	2
Other bakery products ¹	15	0.2	0.7	1.8	3	*	2	5
Soup, mixtures ¹	10	0.5	0.4	1.2	5	0.1	1	7
Fats, oils	309	0.3	34.0	1.6	7	0.1	1	8
Butter	31	*	3.6	*	1	*	*	1
Margarine	108	0.1	12.1	0.1	4	0.0	*	3
Salad dressing, oil	129	0.1	14.0	1.3	3	*	1	4
Lard	2	*	0.2	*	0	0.0	0	0
Vegetable shortening ¹	38	*	4.2	0.1	*	*	*	*
Sugar, sweets	293	0.7	1.6	70.6	31	0.7	13	31
Sugar, sirup, jelly, candy	188	0.4	1.5	45.1	16	0.5	7	12
Beverage powders, ades, punches, nectars, drinks	40	0.1	*	9.4	7	0.1	3	3
Soft drinks; dessert mixes; prepared desserts; coffee, tea, and cocoa mixes with sugar	64	0.2	0.1	16.2	7	0.1	4	15
Miscellaneous foods	56	0.3	0.1	5.7	29	0.5	45	56
Alcoholic beverages	43	0.2	*	2.4	3	*	6	16
Some nutritive value ¹	13	0.1	0.1	3.0	21	0.4	38	35
Little nutritive value ¹	1	0.0	0.0	0.2	5	*	*	4

¹See "Table Notes"

UNITED STATES

Table 5.—Nutritive value of diets per person by food group—Continued

Suburban

Food group	Average per day						
	Vitamin A	Thiamin	Ribo- flavin	Preformed niacin	Vitamin B ₆	Vitamin B ₁₂	Ascorbic acid
(1)	(10)	(11)	(12)	(13)	(14)	(15)	(16)
	<i>IU</i>	<i>mg</i>	<i>mg</i>	<i>mg</i>	<i>mg</i>	<i>mcg</i>	<i>mg</i>
Grain products, enriched	867	0.86	0.73	8.6	0.46	0.43	9
Flour	6	0.09	0.07	0.8	0.02	*	*
Cereal, pastes	780	0.38	0.36	4.3	0.36	0.40	7
Bread	2	0.24	0.14	2.0	0.04	*	1
Other bakery products ¹	63	0.14	0.15	1.4	0.03	0.02	*
Mixtures ¹	16	0.02	0.01	0.1	*	0.01	*
Grain products, not enriched ¹	21	0.02	0.01	0.2	0.02	0.02	*
Flour	0	*	*	*	*	*	0
Cereal, pastes	*	*	*	*	*	0.00	*
Bread	0	*	*	*	*	0.00	0
Other bakery products ¹	4	*	*	*	0.01	*	*
Soup, mixtures ¹	15	0.01	0.01	0.1	0.01	0.02	*
Fats, oils	689	*	0.01	*	*	0.03	*
Butter	134	*	*	0.0	0.00	0.00	0
Margarine	518	*	*	*	*	0.01	0
Salad dressing, oil	32	*	*	*	*	0.02	*
Lard	0	0.00	0.00	0.0	*	0.00	0
Vegetable shortening ¹	6	0.00	0.00	0.0	0.00	0.00	0
Sugar, sweets	23	0.02	0.04	0.2	0.02	0.02	15
Sugar, sirup, jelly, candy	7	0.01	0.02	0.1	0.01	0.02	*
Beverage powders, ades, punches, nectars, drinks	15	0.01	0.01	0.1	0.01	0.00	15
Soft drinks; dessert mixes; prepared desserts; coffee, tea, and cocoa mixes with sugar	1	*	*	*	*	*	*
Miscellaneous foods	1	*	0.07	2.8	0.04	*	*
Alcoholic beverages	*	*	0.02	0.3	0.03	0.00	*
Some nutritive value ¹	1	*	0.05	2.5	*	*	*
Little nutritive value ¹	0	0.00	0.00	0.0	0.00	0.00	0

¹See "Table Notes"

UNITED STATES

Table 5.—Nutritive value of diets per person by food group

Nonmetropolitan

Food group	Average per day							
	Food energy	Protein	Fat	Carbo- hydrate	Calcium	Iron	Magne- sium	Phos- phorus
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)
	<i>Cal</i>	<i>g</i>	<i>g</i>	<i>g</i>	<i>mg</i>	<i>mg</i>	<i>mg</i>	<i>mg</i>
All food groups	2,946	99.9	140.8	321.1	1,071	19.9	396	1,754
Milk, cream, cheese	363	19.0	19.5	28.5	622	0.5	61	512
Milk ¹	215	12.7	10.1	18.7	460	0.2	50	362
Cream, ice cream	68	1.2	3.7	7.8	42	0.1	5	34
Cheese	69	4.8	5.2	0.7	113	0.1	5	110
Soup, mixtures ¹	11	0.3	0.5	1.3	7	0.2	2	7
Meat, poultry, fish	707	45.0	56.7	0.9	33	6.0	55	445
Beef	309	20.9	24.3	*	12	3.1	22	199
Bacon, salt pork	95	1.2	9.9	0.1	2	0.2	2	15
Other pork	136	6.9	11.8	*	4	1.0	7	70
Veal, lamb, game, and variety meat	7	0.7	0.4	*	*	0.1	1	7
Liver	3	0.4	0.1	0.1	*	0.2	*	7
Lunch meat, frankfurters	79	3.6	6.8	0.5	2	0.5	3	28
Poultry	54	7.6	2.3	*	4	0.7	14	77
Fish, shellfish	25	3.7	1.0	0.2	8	0.2	6	41
Other protein foods ¹	159	9.7	9.6	9.2	43	1.8	42	152
Eggs	62	4.7	4.4	0.5	22	0.8	5	70
Dry beans, peas, lentils	34	2.1	0.3	6.0	13	0.6	16	39
Nuts, peanut butter	50	2.0	4.3	1.6	6	0.2	18	34
Soup, mixtures	8	0.5	0.3	0.7	1	0.1	2	4
Plate meals	6	0.3	0.3	0.5	1	*	1	5
Vegetables ¹	172	5.6	3.2	33.2	75	2.4	69	130
Potatoes ¹	86	1.8	2.3	15.0	7	0.5	28	45
Dark green ¹	4	0.4	0.1	0.7	15	0.2	5	7
Deep yellow ¹	6	0.1	*	1.4	3	0.1	2	4
Tomatoes ¹	18	0.6	0.2	3.7	8	0.3	7	13
Other vegetables ¹	55	2.6	0.4	11.9	41	1.2	26	59
Soup, mixtures ¹	3	0.1	0.1	0.4	1	*	*	2
Fruits ¹	118	1.3	0.5	29.2	28	0.9	26	34
Citrus ¹	43	0.7	0.1	10.5	15	0.2	10	16
Other vitamin C-rich	4	0.1	*	1.0	2	0.1	1	2
Other fruits ¹	70	0.6	0.4	17.6	11	0.5	14	16
Mixtures ¹	*	*	*	*	*	*	*	*

¹ See "Table Notes"

UNITED STATES

Table 5.—Nutritive value of diets per person by food group—Continued

Nonmetropolitan

Food group	Average per day						
	Vitamin A	Thiamin	Ribo- flavin	Preformed niacin	Vitamin B ₆	Vitamin B ₁₂	Ascorbic acid
(1)	(10) IU	(11) mg	(12) mg	(13) mg	(14) mg	(15) mcg	(16) mg
All food groups	6,919	1.90	2.56	26.7	2.12	5.57	124
Milk, cream, cheese	907	0.17	0.77	0.5	0.20	1.70	4
Milk ¹	559	0.14	0.61	0.3	0.15	1.32	4
Cream, ice cream	133	0.01	0.07	*	0.02	0.16	*
Cheese	184	0.01	0.07	*	0.02	0.18	*
Soup, mixtures ¹	31	0.01	0.01	0.1	0.01	0.04	1
Meat, poultry, fish	765	0.35	0.50	9.0	0.69	2.87	1
Beef	37	0.05	0.16	3.7	0.31	0.88	*
Bacon, salt pork	0	0.02	0.01	0.2	0.02	0.04	0
Other pork	*	0.20	0.07	1.3	0.11	0.16	*
Veal, lamb, game, and variety meat	*	*	0.01	0.1	0.01	0.04	*
Liver	513	*	0.06	0.2	0.01	0.85	1
Lunch meat, frankfurters	44	0.05	0.06	0.8	0.04	0.29	*
Poultry	157	0.02	0.10	1.9	0.15	0.12	*
Fish, shellfish	14	0.01	0.02	0.7	0.04	0.49	*
Other protein foods ¹	277	0.10	0.15	1.5	0.15	0.55	*
Eggs	204	0.03	0.11	*	0.04	0.51	*
Dry beans, peas, lentils	10	0.04	0.02	0.2	0.06	*	*
Nuts, peanut butter	1	0.02	0.01	1.1	0.03	0.00	*
Soup, mixtures	37	*	*	0.1	0.01	0.02	*
Plate meals	24	*	*	0.1	0.01	0.02	*
Vegetables ¹	2,772	0.19	0.16	2.6	0.37	0.01	46
Potatoes ¹	1	0.07	0.03	1.2	0.15	*	10
Dark green ¹	682	0.01	0.02	0.1	0.02	*	8
Deep yellow ¹	993	0.01	0.01	0.1	0.02	0.00	1
Tomatoes ¹	472	0.03	0.02	0.4	0.05	*	8
Other vegetables ¹	553	0.08	0.08	0.8	0.14	*	19
Soup, mixtures ¹	70	*	*	*	*	*	*
Fruits ¹	601	0.11	0.06	0.8	0.17	0.00	52
Citrus ¹	165	0.07	0.02	0.3	0.04	0.00	41
Other vitamin C-rich ¹	155	*	0.01	0.1	0.01	0.00	5
Other fruits ¹	280	0.03	0.04	0.4	0.13	0.00	6
Mixtures ¹	*	*	*	*	*	0.00	*

¹ See "Table Notes"

UNITED STATES

Nonmetropolitan

Table 5.—Nutritive value of diets per person by food group—Continued

Food group	Average per day							
	Food energy	Protein	Fat	Carbo- hydrate	Calcium	Iron	Magne- sium	Phos- phorus
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)
	<i>Cal</i>	<i>g</i>	<i>g</i>	<i>g</i>	<i>mg</i>	<i>mg</i>	<i>mg</i>	<i>mg</i>
Grain products, enriched	692	17.3	11.1	130.9	193	7.1	82	376
Flour	135	3.4	1.1	27.4	48	1.0	12	97
Cereal, pastes	185	4.7	1.1	39.7	38	3.2	35	125
Bread	165	5.4	1.9	31.3	71	1.5	17	71
Other bakery products ¹	188	3.3	6.4	29.6	31	1.2	16	74
Mixtures ¹	20	0.5	0.6	3.0	5	0.1	2	9
Grain products, not enriched ¹	29	0.8	0.9	4.4	8	0.1	4	14
Flour	2	0.1	*	0.5	*	*	*	1
Cereal, pastes	3	0.1	*	0.7	*	*	1	2
Bread	3	0.1	*	0.6	1	*	*	1
Other bakery products ¹	12	0.1	0.5	1.5	3	*	1	5
Soup, mixtures ¹	8	0.4	0.3	1.0	4	0.1	1	6
Fats, oils	341	0.3	37.7	1.5	7	0.1	1	7
Butter	24	*	2.7	*	1	*	*	1
Margarine	115	0.1	12.9	0.1	4	*	*	3
Salad dressing, oil	123	0.1	13.3	1.3	2	*	1	4
Lard	13	*	1.4	*	0	0.0	0	0
Vegetable shortening ¹	66	*	7.4	0.1	*	*	*	*
Sugar, sweets	320	0.6	1.4	78.2	28	0.7	13	29
Sugar, sirup, jelly, candy	230	0.4	1.3	56.3	16	0.5	7	11
Beverage powders, ades, punches, nectars, drinks	30	*	*	6.7	6	*	2	2
Soft drinks; dessert mixes; prepared desserts; coffee, tea, and cocoa mixes with sugar	60	0.2	0.1	15.2	6	0.1	3	15
Miscellaneous foods	44	0.3	0.1	5.1	34	0.5	44	55
Alcoholic beverages	32	0.1	*	2.0	3	*	5	14
Some nutritive value ¹	11	0.1	0.1	2.9	28	0.4	38	38
Little nutritive value ¹	1	0.0	0.0	0.2	4	*	*	2

¹See "Table Notes"

Table 5.—Nutritive value of diets per person by food group—Continued

UNITED STATES

Nonmetropolitan

Food group	Average per day						
	Vitamin A	Thiamin	Ribo-flavin	Preformed niacin	Vitamin B ₆	Vitamin B ₁₂	Ascorbic acid
(1)	(10)	(11)	(12)	(13)	(14)	(15)	(16)
	<i>IU</i>	<i>mg</i>	<i>mg</i>	<i>mg</i>	<i>mg</i>	<i>mcg</i>	<i>mg</i>
Grain products, enriched	871	0.94	0.78	9.3	0.47	0.38	8
Flour	4	0.16	0.12	1.5	0.03	*	*
Cereal, pastes	799	0.39	0.36	4.3	0.37	0.35	8
Bread	1	0.24	0.14	2.0	0.04	*	*
Other bakery products ¹	48	0.13	0.14	1.3	0.02	0.01	*
Mixtures ¹	19	0.02	0.01	0.1	*	0.01	*
Grain products, not enriched ¹	18	0.01	0.01	0.1	0.01	0.02	*
Flour	0	*	*	*	*	*	*
Cereal, pastes	1	*	*	*	*	0.00	*
Bread	*	*	*	*	*	0.00	0
Other bakery products ¹	3	*	*	*	*	*	*
Soup, mixtures ¹	12	0.01	0.01	0.1	0.01	0.01	*
Fats, oils	689	*	0.01	*	*	0.03	*
Butter	103	*	*	0.0	0.00	0.00	0
Margarine	549	*	0.01	*	*	0.01	*
Salad dressing, oil	31	*	*	*	*	0.02	*
Lard	0	0.00	0.00	0.0	*	0.00	0
Vegetable shortening ¹	6	0.00	0.00	0.0	0.00	0.00	0
Sugar, sweets	20	0.02	0.03	0.2	0.01	0.02	12
Sugar, sirup, jelly, candy	6	0.01	0.02	0.2	0.01	0.01	*
Beverage powders, ades, punches, nectars, drinks	13	0.01	0.01	0.1	*	0.00	12
Soft drinks; dessert mixes; prepared desserts; coffee, tea, and cocoa mixes with sugar	2	*	*	*	*	*	*
Miscellaneous foods	*	0.01	0.07	2.8	0.03	*	*
Alcoholic beverages	*	*	0.01	0.3	0.03	0.00	*
Some nutritive value ¹	*	0.01	0.06	2.5	*	*	*
Little nutritive value ¹	0	0.00	0.00	0.0	0.00	0.00	0

¹ See "Table Notes"

UNITED STATES

Table 6.—Money value and nutrients by food group

All urbanizations

Food group	Percent of total food								
	Money value	Food energy	Protein	Fat	Carbo- hydrate	Calcium	Iron	Magne- sium	Phos- phorus
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
All food groups	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Milk, cream, cheese	12.3	12.9	19.3	14.3	9.5	60.2	2.4	15.8	30.3
Milk ¹	6.6	7.5	12.7	7.1	6.3	43.7	0.9	12.9	21.1
Cream, ice cream	1.8	2.4	1.2	2.7	2.5	4.0	0.3	1.2	2.0
Cheese	3.4	2.6	5.1	4.1	0.2	11.8	0.5	1.3	6.8
Soup, mixtures ¹	0.5	0.4	0.4	0.4	0.4	0.7	0.7	0.5	0.5
Meat, poultry, fish	34.3	25.0	46.6	41.0	0.3	3.1	31.6	14.8	26.9
Beef	13.9	10.9	20.9	17.8	*	1.2	16.0	5.8	11.7
Bacon, salt pork	1.4	2.8	1.0	6.0	*	0.1	0.7	0.4	0.7
Other pork	6.5	4.9	7.4	8.8	*	0.4	5.6	1.9	4.4
Veal, lamb, game, and variety meat	1.2	0.4	1.1	0.6	*	0.1	0.6	0.3	0.6
Liver	0.2	0.1	0.5	0.1	*	*	1.0	0.1	0.5
Lunch meat, frankfurters	3.2	2.8	3.7	5.1	0.2	0.2	3.0	0.8	1.7
Poultry	4.3	2.1	8.3	1.9	*	0.5	3.6	4.0	4.9
Fish, shellfish	3.6	0.9	3.8	0.8	*	0.7	1.1	1.5	2.4
Other protein foods ¹	4.3	5.3	9.0	6.8	2.6	3.8	8.2	9.9	8.2
Eggs	2.0	2.1	4.5	3.0	0.1	2.0	4.0	1.1	3.9
Dry beans, peas, lentils	0.5	1.0	1.7	0.2	1.6	1.0	2.5	3.3	1.8
Nuts, peanut butter	0.9	1.8	2.0	3.1	0.5	0.5	1.0	4.5	2.0
Soup, mixtures	0.5	0.3	0.5	0.3	0.3	0.1	0.4	0.6	0.3
Plate meals	0.4	0.2	0.3	0.2	0.1	0.1	0.2	0.2	0.2
Vegetables ¹	11.9	5.7	5.4	2.3	10.2	7.2	11.8	16.9	7.3
Potatoes ¹	1.8	2.7	1.6	1.6	4.4	0.6	2.5	6.4	2.3
Dark green ¹	0.9	0.2	0.5	0.1	0.3	1.7	1.4	1.6	0.5
Deep yellow ¹	0.5	0.3	0.2	*	0.6	0.4	0.4	0.7	0.3
Tomatoes ¹	2.0	0.6	0.6	0.2	1.2	0.7	1.7	1.7	0.8
Other vegetables ¹	6.4	1.8	2.4	0.3	3.7	3.7	5.6	6.4	3.3
Soup, mixtures ¹	0.3	0.1	0.2	0.1	0.2	0.1	0.2	0.1	0.1
Fruits ¹	7.7	4.5	1.5	0.5	10.4	3.0	4.8	7.4	2.2
Citrus ¹	2.6	1.8	0.8	0.1	4.1	1.8	1.4	3.2	1.1
Other vitamin C-rich ¹	0.7	0.2	0.1	*	0.4	0.2	0.5	0.5	0.1
Other fruits ¹	4.4	2.5	0.6	0.4	5.9	1.0	2.9	3.7	1.0
Mixtures ¹	*	*	*	*	*	*	*	*	*

¹See "Table Notes"

UNITED STATES

Table 6.—Money value and nutrients by food group—Continued

All urbanizations

Food group	Percent of total food						
	Vitamin A	Thiamin	Ribo-flavin	Preformed niacin	Vitamin B ₆	Vitamin B ₁₂	Ascorbic acid
(1)	(11)	(12)	(13)	(14)	(15)	(16)	(17)
All food groups	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Milk, cream, cheese	12.5	9.1	30.9	1.9	9.4	28.9	3.2
Milk ¹	7.6	7.7	24.3	1.3	7.3	22.3	2.6
Cream, ice cream	1.8	0.7	2.9	0.1	0.8	2.6	0.2
Cheese	2.7	0.4	3.1	0.1	0.9	3.4	0.0
Soup, mixtures ¹	0.4	0.4	0.6	0.3	0.4	0.6	0.4
Meat, poultry, fish	12.7	20.0	20.9	36.1	34.1	54.4	0.7
Beef	0.5	2.9	6.5	14.1	14.6	14.9	*
Bacon, salt pork	0.0	1.0	0.5	0.7	0.6	0.6	0.0
Other pork	*	11.4	3.1	5.4	5.8	2.8	*
Veal, lamb, game, and variety meat	*	0.2	0.5	0.9	0.6	1.0	*
Liver	8.9	0.2	2.7	1.0	0.7	18.6	0.6
Lunch meat, frankfurters	0.8	2.7	2.7	3.0	1.7	5.6	*
Poultry	2.2	1.0	4.4	7.9	7.8	2.1	*
Fish, shellfish	0.2	0.5	0.7	3.2	2.1	8.8	0.1
Other protein foods ¹	3.7	4.7	5.5	5.5	6.3	8.9	0.3
Eggs	2.6	1.6	4.2	0.1	2.0	8.2	*
Dry beans, peas, lentils	0.1	1.6	0.5	0.6	2.2	*	0.1
Nuts, peanut butter	*	1.2	0.5	4.1	1.3	0.0	*
Soup, mixtures	0.6	0.2	0.2	0.4	0.4	0.5	0.1
Plate meals	0.3	0.2	0.1	0.3	0.4	0.3	0.1
Vegetables ¹	41.1	10.0	6.5	9.2	16.8	0.2	33.8
Potatoes ¹	*	3.3	1.0	3.9	5.9	*	6.3
Dark green ¹	10.6	0.7	1.0	0.4	1.4	*	7.6
Deep yellow ¹	15.6	0.4	0.2	0.3	0.9	0.0	0.8
Tomatoes ¹	6.3	1.5	0.8	1.6	2.3	0.1	6.0
Other vegetables ¹	7.6	4.1	3.2	2.9	6.1	*	13.1
Soup, mixtures ¹	0.9	0.1	0.1	0.1	0.2	0.1	0.1
Fruits ¹	9.6	7.1	2.8	3.2	9.1	0.0	46.2
Citrus ¹	2.7	4.9	1.0	1.4	2.2	0.0	36.9
Other vitamin C-rich ¹	2.9	0.2	0.3	0.3	0.4	0.0	4.3
Other fruits ¹	4.0	1.9	1.5	1.5	6.4	0.0	4.9
Mixtures ¹	*	*	*	*	*	0.0	*

¹ See "Table Notes"

UNITED STATES

Table 6.—Money value and nutrients by food group—Continued

All urbanizations

Food group	Percent of total food								
	Money value	Food energy	Protein	Fat	Carbo-hydrate	Calcium	Iron	Magne-sium	Phos-phorus
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
Grain products, enriched	10.8	22.5	16.0	7.7	39.9	15.7	34.6	20.1	19.0
Flour	0.8	3.5	2.4	0.7	6.6	2.8	3.7	2.4	3.8
Cereal, pastes	3.1	6.4	4.6	0.8	12.8	3.0	16.6	8.6	6.4
Bread	2.5	5.6	5.2	1.3	10.1	6.4	7.8	4.6	4.3
Other bakery products ¹	3.9	6.4	3.2	4.5	9.4	3.0	6.0	4.1	4.1
Mixtures ¹	0.6	0.6	0.5	0.4	0.9	0.4	0.5	0.4	0.5
Grain products, not enriched ¹	1.1	1.2	1.0	0.7	1.8	0.8	0.8	1.1	0.9
Flour	*	0.1	0.1	*	0.2	*	*	0.1	*
Cereal, pastes	0.1	0.2	0.1	*	0.3	*	0.1	0.2	0.2
Bread	0.1	0.2	0.2	*	0.4	0.2	0.1	0.1	0.1
Other bakery products ¹	0.3	0.4	0.1	0.4	0.5	0.2	0.2	0.4	0.3
Soup, mixtures ¹	0.6	0.3	0.4	0.2	0.3	0.4	0.3	0.3	0.3
Fats, oils	2.9	11.1	0.3	25.5	0.5	0.6	0.3	0.2	0.4
Butter	0.4	1.0	*	2.3	*	0.1	*	*	0.1
Margarine	0.8	3.7	0.1	8.5	*	0.3	*	0.1	0.2
Salad dressing, oil	1.3	4.6	0.1	10.3	0.4	0.2	0.2	0.1	0.2
Lard	*	0.2	*	0.6	0.0	0.0	0.0	0.0	0.0
Vegetable shortening ¹	0.3	1.7	*	3.9	*	*	*	*	*
Sugar, sweets	6.5	10.0	0.6	1.0	23.0	2.6	3.2	3.1	1.6
Sugar, sirup, jelly, candy	2.6	6.8	0.4	0.9	15.4	1.4	2.2	1.7	0.6
Beverage powders, ades, punches, nectars, drinks	1.2	1.2	0.1	*	2.6	0.6	0.3	0.6	0.1
Soft drinks: dessert mixes; prepared desserts: coffee, tea, and cocoa mixes with sugar	2.6	2.1	0.2	0.1	5.0	0.6	0.7	0.8	0.9
Miscellaneous foods	8.1	1.8	0.3	0.1	1.7	3.0	2.4	10.7	3.1
Alcoholic beverages	3.7	1.3	0.2	*	0.7	0.3	0.1	1.4	0.9
Some nutritive value ¹	3.8	0.4	0.1	0.1	0.9	2.3	2.1	9.2	2.0
Little nutritive value ¹	0.6	*	0.0	0.0	0.1	0.4	0.1	0.1	0.2

¹See "Table Notes"

UNITED STATES

Table 6.—Money value and nutrients by food group—Continued

All urbanizations

Food group (1)	Percent of total food						
	Vitamin A (11)	Thiamin (12)	Ribo- flavin (13)	Preformed niacin (14)	Vitamin B ₆ (15)	Vitamin B ₁₂ (16)	Ascorbic acid (17)
Grain products, enriched	11.2	46.9	28.4	32.5	21.1	6.6	6.0
Flour	0.1	6.2	3.5	4.0	1.1	*	*
Cereal, pastes	10.2	20.4	13.8	16.0	16.7	6.2	5.2
Bread	*	12.5	5.4	7.4	1.9	*	0.5
Other bakery products ¹	0.7	6.8	5.2	4.6	1.1	0.2	0.2
Mixtures ¹	0.2	0.9	0.5	0.5	0.2	0.2	0.1
Grain products, not enriched ¹	0.2	0.8	0.5	0.6	0.7	0.3	0.1
Flour	0.0	*	*	*	*	*	*
Cereal, pastes	*	0.2	0.1	0.1	0.2	0.0	*
Bread	0.0	0.1	0.1	0.1	*	0.0	0.0
Other bakery products ¹	*	0.1	0.1	0.1	0.2	*	*
Soup, mixtures ¹	0.2	0.4	0.2	0.3	0.3	0.2	*
Fats, oils	8.8	0.2	0.4	0.1	0.2	0.5	0.1
Butter	1.6	*	*	0.0	0.0	0.0	0.0
Margarine	6.8	0.1	0.2	0.1	0.1	0.2	*
Salad dressing, oil	0.4	0.1	0.2	*	0.1	0.3	0.1
Lard	0.0	0.0	0.0	0.0	*	0.0	0.0
Vegetable shortening ¹	0.1	0.0	0.0	0.0	0.0	0.0	0.0
Sugar, sweets	0.3	1.1	1.4	0.8	0.7	0.3	9.7
Sugar, sirup, jelly, candy	0.1	0.5	0.9	0.5	0.4	0.2	0.2
Beverage powders, ades, punches, nectars, drinks	0.2	0.6	0.4	0.2	0.3	0.0	9.6
Soft drinks: dessert mixes; prepared desserts; coffee, tea, and cocoa mixes with sugar	*	*	0.1	*	*	0.1	*
Miscellaneous foods	*	0.2	2.6	10.1	1.6	*	*
Alcoholic beverages	*	*	0.6	1.1	1.5	0.0	*
Some nutritive value ¹	*	0.2	2.0	9.0	0.2	*	*
Little nutritive value ¹	0.0	0.0	0.0	0.0	0.0	0.0	0.0

¹ See "Table Notes"

UNITED STATES

Table 6.—Money value and nutrients by food group

Central city

Food group	Percent of total food								
	Money value	Food energy	Protein	Fat	Carbo- hydrate	Calcium	Iron	Magne- sium	Phos- phorus
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
All food groups	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Milk, cream, cheese	11.7	12.3	18.1	13.8	9.0	58.7	2.1	14.9	29.0
Milk ¹	6.1	7.2	11.6	6.8	6.1	42.1	0.9	12.2	19.9
Cream, ice cream	1.7	2.1	1.0	2.5	2.2	3.6	0.2	1.0	1.8
Cheese	3.4	2.6	5.0	4.1	0.2	12.2	0.5	1.3	6.8
Soup, mixtures ¹	0.5	0.4	0.3	0.4	0.4	0.7	0.5	0.4	0.5
Meat, poultry, fish	36.4	26.4	48.8	42.5	0.3	3.6	32.9	16.2	29.2
Beef	13.6	10.8	19.9	17.5	*	1.2	15.3	5.7	11.4
Bacon, salt pork	1.4	2.7	1.0	5.8	*	0.1	0.7	0.3	0.7
Other pork	7.0	5.4	8.0	9.5	*	0.4	6.1	2.1	4.9
Veal, lamb, game, and variety meat	1.5	0.6	1.4	0.8	*	0.1	0.9	0.4	0.8
Liver	0.3	0.2	0.7	0.1	0.1	*	1.3	0.2	0.7
Lunch meat, frankfurters	3.3	3.1	4.0	5.5	0.2	0.2	3.2	0.9	1.9
Poultry	5.0	2.5	9.4	2.3	*	0.6	4.2	4.8	5.7
Fish, shellfish	4.3	1.1	4.5	1.0	*	0.9	1.3	1.9	3.0
Other protein foods ¹	4.3	5.2	8.8	6.5	2.9	4.0	8.3	9.9	8.4
Eggs	2.1	2.1	4.4	3.0	0.2	2.1	4.0	1.2	3.9
Dry beans, peas, lentils	0.6	1.1	1.9	0.2	1.8	1.2	2.9	3.9	2.1
Nuts, peanut butter	0.8	1.6	1.7	2.8	0.5	0.5	0.9	4.0	1.8
Soup, mixtures	0.5	0.3	0.5	0.3	0.3	0.1	0.3	0.6	0.3
Plate meals	0.4	0.2	0.3	0.2	0.1	0.1	0.2	0.3	0.3
Vegetables ¹	11.7	5.4	5.3	1.9	10.2	8.5	11.9	17.2	7.4
Potatoes ¹	1.5	2.3	1.3	1.2	3.9	0.6	2.1	5.5	2.0
Dark green ¹	1.1	0.2	0.6	0.1	0.4	2.6	1.9	2.1	0.7
Deep yellow ¹	0.6	0.4	0.2	*	0.8	0.5	0.5	1.0	0.3
Tomatoes ¹	1.9	0.6	0.6	0.2	1.1	0.7	1.7	1.7	0.8
Other vegetables ¹	6.3	1.9	2.5	0.3	3.9	4.0	5.5	6.7	3.5
Soup, mixtures ¹	0.3	0.1	0.1	0.1	0.2	0.1	0.2	0.1	0.1
Fruits ¹	8.1	4.9	1.7	0.7	11.5	3.5	5.1	8.3	2.5
Citrus ¹	3.0	2.1	0.9	0.1	5.0	2.3	1.7	3.8	1.3
Other vitamin C-rich ¹	0.6	0.2	0.1	*	0.4	0.2	0.4	0.5	0.1
Other fruits ¹	4.4	2.6	0.6	0.5	6.2	1.0	2.9	4.0	1.0
Mixtures ¹	*	*	*	*	*	*	*	*	*

¹See "Table Notes"

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Table 6.—Money value and nutrients by food group—Continued

Central city

Food group	Percent of total food						
	Vitamin A	Thiamin	Ribo-flavin	Preformed niacin	Vitamin B ₆	Vitamin B ₁₂	Ascorbic acid
(1)	(11)	(12)	(13)	(14)	(15)	(16)	(17)
All food groups	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Milk, cream, cheese	10.4	8.4	29.2	1.7	8.4	25.3	2.7
Milk ¹	6.2	7.1	22.9	1.2	6.6	19.5	2.2
Cream, ice cream	1.4	0.6	2.6	0.1	0.7	2.2	0.2
Cheese	2.4	0.4	3.1	0.1	0.9	3.2	0.0
Soup, mixtures ¹	0.3	0.3	0.6	0.3	0.3	0.5	0.3
Meat, poultry, fish	15.2	21.5	23.4	38.8	35.5	59.2	0.9
Beef	0.4	2.8	6.3	13.5	13.6	13.3	*
Bacon, salt pork	0.0	1.0	0.5	0.7	0.6	0.6	0.0
Other pork	*	12.4	3.4	6.0	6.3	2.8	*
Veal, lamb, game, and variety meat	*	0.3	0.6	1.1	0.7	1.3	*
Liver	11.4	0.3	3.7	1.3	1.0	24.8	0.7
Lunch meat, frankfurters	0.8	2.9	2.9	3.3	1.8	5.5	*
Poultry	2.4	1.2	5.2	9.1	9.0	2.4	*
Fish, shellfish	0.2	0.7	0.8	3.8	2.6	8.6	0.1
Other protein foods ¹	3.2	4.8	5.7	5.0	6.2	8.5	0.3
Eggs	2.4	1.6	4.3	0.1	2.0	7.7	*
Dry beans, peas, lentils	0.1	1.9	0.6	0.7	2.4	*	0.1
Nuts, peanut butter	*	0.9	0.4	3.5	1.1	0.0	*
Soup, mixtures	0.5	0.2	0.2	0.4	0.3	0.5	0.1
Plate meals	0.3	0.1	0.1	0.3	0.4	0.3	0.1
Vegetables ¹	44.4	10.0	7.0	8.9	16.5	0.1	33.2
Potatoes ¹	*	2.8	0.9	3.3	5.0	*	5.0
Dark green ¹	14.0	1.0	1.5	0.6	1.8	*	9.1
Deep yellow ¹	16.9	0.5	0.3	0.3	1.1	0.0	1.0
Tomatoes ¹	5.5	1.5	0.8	1.5	2.3	0.1	5.5
Other vegetables ¹	7.2	4.2	3.4	3.0	6.2	*	12.5
Soup, mixtures ¹	0.8	0.1	0.1	0.1	0.1	*	0.1
Fruits ¹	9.5	8.0	3.2	3.6	9.7	0.0	49.0
Citrus ¹	2.8	5.7	1.3	1.6	2.7	0.0	40.4
Other vitamin C-rich ¹	3.0	0.2	0.2	0.3	0.4	0.0	3.7
Other fruits ¹	3.7	2.1	1.7	1.6	6.6	0.0	4.9
Mixtures ¹	*	*	*	*	*	0.0	*

¹See "Table Notes"

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Table 6.—Money value and nutrients by food group—Continued

Central city

Food group	Percent of total food								
	Money value	Food energy	Protein	Fat	Carbo- hydrate	Calcium	Iron	Magne- sium	Phos- phorus
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
Grain products, enriched	10.4	22.0	15.2	7.1	40.3	14.8	33.5	19.3	17.7
Flour	0.7	3.0	2.0	0.7	5.8	2.1	3.0	2.1	3.0
Cereal, pastes	3.2	7.1	4.9	0.8	14.7	3.0	17.2	8.6	6.3
Bread	2.6	5.7	5.2	1.3	10.6	6.6	7.8	4.7	4.5
Other bakery products ¹	3.3	5.6	2.8	4.0	8.4	2.7	5.1	3.6	3.5
Mixtures ¹	0.5	0.6	0.4	0.4	0.9	0.4	0.5	0.4	0.4
Grain products, not enriched ¹	1.0	1.3	1.1	0.6	2.0	0.8	0.8	1.1	0.9
Flour	*	0.1	0.1	*	0.3	*	*	0.1	0.1
Cereal, pastes	0.1	0.2	0.2	*	0.4	*	0.2	0.3	0.3
Bread	0.2	0.3	0.2	*	0.5	0.2	0.1	0.1	0.1
Other bakery products ¹	0.2	0.3	0.1	0.3	0.4	0.2	0.1	0.3	0.2
Soup, mixtures ¹	0.5	0.3	0.4	0.2	0.3	0.3	0.3	0.2	0.3
Fats, oils	3.0	11.5	0.2	26.0	0.4	0.6	0.3	0.2	0.4
Butter	0.4	1.0	*	2.3	*	0.1	*	*	0.1
Margarine	0.8	3.4	0.1	7.7	*	0.3	*	0.1	0.1
Salad dressing, oil	1.4	5.3	0.1	12.0	0.4	0.2	0.2	0.1	0.2
Lard	*	0.2	0.0	0.5	0.0	0.0	0.0	0.0	0.0
Vegetable shortening ¹	0.3	1.5	*	3.5	*	*	*	*	*
Sugar, sweets	5.9	9.1	0.5	0.8	21.6	2.4	2.9	2.9	1.5
Sugar, sirup, jelly, candy	2.2	6.0	0.3	0.8	14.0	1.2	2.0	1.5	0.6
Beverage powders, ades, punches, nectars, drinks	1.1	1.2	0.1	*	2.7	0.6	0.3	0.6	0.1
Soft drinks; dessert mixes; prepared desserts; coffee, tea, and cocoa mixes with sugar	2.6	2.0	0.1	0.1	4.9	0.6	0.7	0.8	0.8
Miscellaneous foods	7.6	1.9	0.2	0.1	1.7	3.3	2.2	10.0	3.0
Alcoholic beverages	3.7	1.5	0.2	*	0.8	0.3	0.2	1.5	0.9
Some nutritive value ¹	3.4	0.4	0.1	0.1	0.9	2.5	1.9	8.5	1.9
Little nutritive value ¹	0.5	*	0.0	0.0	0.1	0.4	0.1	0.1	0.2

¹ See "Table Notes"

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Table 6.—Money value and nutrients by food group—Continued

Central city

Food group	Percent of total food						
	Vitamin A	Thiamin	Riboflavin	Preformed niacin	Vitamin B ₆	Vitamin B ₁₂	Ascorbic acid
(1)	(11)	(12)	(13)	(14)	(15)	(16)	(17)
Grain products, enriched	9.5	45.3	27.1	31.3	20.6	6.1	5.2
Flour	0.1	5.0	2.8	3.2	1.0	*	*
Cereal, pastes	8.6	21.0	13.7	16.3	16.5	5.8	4.6
Bread	*	12.7	5.6	7.5	2.0	*	0.5
Other bakery products ¹	0.6	5.7	4.5	3.9	0.9	0.2	0.1
Mixtures ¹	0.2	0.8	0.5	0.4	0.2	0.1	0.1
Grain products, not enriched ¹	0.2	0.8	0.5	0.6	0.7	0.2	0.1
Flour	0.0	*	*	*	*	*	0.0
Cereal, pastes	*	0.3	0.1	0.1	0.2	0.0	*
Bread	0.0	0.1	0.1	0.1	0.1	0.0	0.0
Other bakery products ¹	*	0.1	0.1	0.1	0.2	*	*
Soup, mixtures ¹	0.2	0.3	0.2	0.3	0.2	0.1	*
Fats, oils	7.3	0.2	0.4	0.1	0.2	0.5	*
Butter	1.4	0.0	*	0.0	0.0	0.0	0.0
Margarine	5.5	0.1	0.2	0.1	0.1	0.1	0.0
Salad dressing, oil	0.4	0.1	0.2	*	0.1	0.3	*
Lard	0.0	0.0	0.0	0.0	*	0.0	0.0
Vegetable shortening ¹	*	0.0	0.0	0.0	0.0	0.0	0.0
Sugar, sweets	0.2	0.9	1.2	0.7	0.6	0.2	8.7
Sugar, sirup, jelly, candy	0.1	0.5	0.7	0.5	0.3	0.2	0.1
Beverage powders, ades, punches, nectars, drinks	0.2	0.5	0.4	0.2	0.2	0.0	8.5
Soft drinks; dessert mixes; prepared desserts; coffee, tea, and cocoa mixes with sugar	*	*	0.1	*	*	*	*
Miscellaneous foods	*	0.1	2.4	9.3	1.6	*	*
Alcoholic beverages	*	*	0.7	1.2	1.5	0.0	*
Some nutritive value ¹	*	0.1	1.7	8.1	0.1	*	0.0
Little nutritive value ¹	0.0	0.0	0.0	0.0	0.0	0.0	0.0

¹See "Table Notes"

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Table 6.—Money value and nutrients by food group

Suburban

Food group	Percent of total food								
	Money value	Food energy	Protein	Fat	Carbo-hydrate	Calcium	Iron	Magne-sium	Phos-phorus
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
All food groups	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Milk, cream, cheese	12.7	13.8	20.5	15.1	10.3	62.9	2.6	16.8	32.2
Milk ¹	6.7	7.9	13.4	7.3	6.8	45.4	1.0	13.6	22.3
Cream, ice cream	1.9	2.6	1.3	2.9	2.8	4.3	0.3	1.3	2.2
Cheese	3.6	2.8	5.5	4.5	0.3	12.6	0.6	1.4	7.2
Soup, mixtures ¹	0.5	0.4	0.4	0.4	0.5	0.7	0.7	0.5	0.5
Meat, poultry, fish	33.8	24.9	46.4	40.6	0.3	2.9	32.1	14.5	26.7
Beef	14.4	11.3	21.7	18.4	*	1.2	16.9	6.0	12.1
Bacon, salt pork	1.2	2.4	0.9	5.2	*	0.1	0.6	0.3	0.6
Other pork	6.5	4.9	7.3	8.6	*	0.4	5.7	1.8	4.3
Veal, lamb, game, and variety meat	1.2	0.4	1.1	0.6	*	0.1	0.7	0.3	0.7
Liver	0.2	0.1	0.5	0.1	*	*	0.9	0.1	0.4
Lunch meat, frankfurters	3.1	2.8	3.6	5.0	0.2	0.2	3.0	0.8	1.7
Poultry	4.2	2.0	8.1	1.8	*	0.4	3.4	3.9	4.7
Fish, shellfish	3.0	0.9	3.3	0.8	*	0.5	0.9	1.3	2.1
Other protein foods ¹	4.2	5.2	8.6	7.1	2.3	3.4	7.5	9.2	7.7
Eggs	1.9	2.0	4.3	2.9	0.1	1.9	3.9	1.1	3.7
Dry beans, peas, lentils	0.4	0.7	1.1	0.2	1.1	0.7	1.8	2.2	1.2
Nuts, peanut butter	1.0	2.0	2.2	3.5	0.6	0.6	1.2	4.9	2.2
Soup, mixtures	0.6	0.4	0.6	0.4	0.3	0.1	0.5	0.7	0.4
Plate meals	0.4	0.2	0.3	0.2	0.1	0.1	0.2	0.2	0.2
Vegetables ¹	11.5	5.8	5.2	2.6	10.2	6.5	11.6	16.3	7.1
Potatoes ¹	1.8	2.8	1.6	1.8	4.5	0.6	2.6	6.3	2.3
Dark green ¹	0.8	0.2	0.4	0.1	0.3	1.3	1.3	1.3	0.4
Deep yellow ¹	0.5	0.2	0.1	*	0.5	0.4	0.4	0.7	0.2
Tomatoes ¹	2.0	0.6	0.6	0.2	1.2	0.7	1.8	1.7	0.8
Other vegetables ¹	6.1	1.7	2.3	0.4	3.5	3.3	5.4	6.0	3.1
Soup, mixtures ¹	0.3	0.2	0.2	0.1	0.2	0.1	0.2	0.2	0.1
Fruits ¹	7.8	4.7	1.5	0.6	10.9	3.0	5.0	7.5	2.3
Citrus ¹	2.5	1.8	0.8	0.1	4.3	1.7	1.4	3.2	1.1
Other vitamin C-rich ¹	0.8	0.2	0.1	*	0.4	0.2	0.6	0.5	0.2
Other fruits ¹	4.5	2.6	0.6	0.4	6.1	1.0	3.0	3.8	1.0
Mixtures ¹	0.1	*	*	*	0.1	*	*	*	*

¹ See "Table Notes"

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Suburban

Table 6.—Money value and nutrients by food group—Continued

Food group	Percent of total food						
	Vitamin A	Thiamin	Ribo-flavin	Preformed niacin	Vitamin B ₆	Vitamin B ₁₂	Ascorbic acid
(1)	(11)	(12)	(13)	(14)	(15)	(16)	(17)
All food groups	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Milk, cream, cheese	13.8	9.9	32.5	2.0	10.0	30.4	3.3
Milk ¹	8.5	8.3	25.4	1.3	7.8	23.4	2.7
Cream, ice cream	1.9	0.8	3.1	0.1	0.9	2.8	0.2
Cheese	3.0	0.4	3.3	0.1	1.0	3.6	0.0
Soup, mixtures ¹	0.4	0.4	0.6	0.4	0.4	0.7	0.4
Meat, poultry, fish	11.9	20.1	20.3	36.3	34.4	52.9	0.6
Beef	0.5	3.1	6.7	14.7	15.5	15.4	*
Bacon, salt pork	0.0	0.9	0.4	0.6	0.6	0.5	0.0
Other pork	*	11.5	3.0	5.3	5.9	2.7	*
Veal, lamb, game, and variety meat	*	0.3	0.5	0.9	0.6	1.0	*
Liver	8.1	0.2	2.4	0.9	0.7	16.4	0.5
Lunch meat, frankfurters	1.1	2.7	2.7	3.0	1.7	6.0	*
Poultry	1.9	1.0	4.0	7.7	7.6	2.0	*
Fish, shellfish	0.2	0.5	0.6	3.1	2.0	8.9	0.1
Other protein foods ¹	3.8	4.3	5.3	5.9	5.9	8.5	0.3
Eggs	2.6	1.6	4.0	0.1	2.0	7.7	*
Dry beans, peas, lentils	0.1	1.0	0.3	0.4	1.6	*	0.1
Nuts, peanut butter	*	1.3	0.6	4.6	1.5	0.0	*
Soup, mixtures	0.7	0.3	0.3	0.4	0.5	0.5	0.2
Plate meals	0.3	0.1	0.1	0.3	0.3	0.2	0.1
Vegetables ¹	39.1	9.9	6.2	9.1	16.3	0.3	32.0
Potatoes ¹	*	3.3	1.0	3.9	5.8	*	6.0
Dark green ¹	8.4	0.6	0.9	0.4	1.3	*	7.2
Deep yellow ¹	15.5	0.3	0.2	0.2	0.8	*	0.7
Tomatoes ¹	6.5	1.6	0.8	1.6	2.4	0.1	5.8
Other vegetables ¹	7.7	4.0	3.2	2.8	5.8	*	12.2
Soup, mixtures ¹	1.0	0.1	0.1	0.2	0.2	0.1	0.1
Fruits ¹	10.3	7.5	2.9	3.3	9.3	0.0	47.0
Citrus ¹	2.8	5.1	1.0	1.4	2.3	0.0	36.9
Other vitamin C-rich ¹	3.3	0.3	0.3	0.3	0.5	0.0	5.1
Other fruits ¹	4.2	2.0	1.6	1.5	6.6	0.0	5.0
Mixtures ¹	*	*	0.1	*	*	0.0	0.1

¹ See "Table Notes"

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Suburban

Table 6.—Money value and nutrients by food group—Continued

Food group	Percent of total food								
	Money value	Food energy	Protein	Fat	Carbo- hydrate	Calcium	Iron	Magne- sium	Phos- phorus
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
Grain products, enriched	10.9	21.9	15.4	8.1	38.8	14.4	34.3	20.0	17.8
Flour	0.7	2.9	1.9	0.7	5.5	1.9	3.0	2.1	2.8
Cereal, pastes	2.9	5.9	4.4	0.8	11.9	2.5	16.4	8.2	5.8
Bread	2.4	5.6	5.2	1.3	10.2	6.2	7.7	4.7	4.3
Other bakery products ¹	4.4	6.9	3.5	4.9	10.3	3.4	6.6	4.5	4.5
Mixtures ¹	0.5	0.6	0.4	0.4	0.9	0.4	0.5	0.4	0.4
Grain products, not enriched ¹	1.2	1.4	1.1	0.8	2.1	1.0	0.9	1.2	1.1
Flour	*	0.1	0.1	*	0.2	*	*	*	*
Cereal, pastes	0.1	0.2	0.1	*	0.4	*	0.1	0.2	0.2
Bread	0.1	0.3	0.2	*	0.5	0.2	0.1	0.1	0.1
Other bakery products ¹	0.3	0.5	0.2	0.5	0.6	0.3	0.2	0.4	0.3
Soup, mixtures ¹	0.6	0.3	0.5	0.3	0.4	0.4	0.3	0.3	0.4
Fats, oils	2.8	10.5	0.3	23.9	0.5	0.6	0.3	0.2	0.4
Butter	0.5	1.1	*	2.5	*	0.1	*	*	0.1
Margarine	0.8	3.7	0.1	8.5	*	0.3	0.0	0.1	0.2
Salad dressing, oil	1.3	4.4	0.1	9.8	0.4	0.2	0.2	0.1	0.2
Lard	*	0.1	*	0.2	0.0	0.0	0.0	0.0	0.0
Vegetable shortening ¹	0.2	1.3	*	3.0	*	*	*	*	*
Sugar, sweets	6.6	9.9	0.7	1.1	22.8	2.7	3.3	3.2	1.7
Sugar, sirup, jelly, candy	2.6	6.4	0.4	1.0	14.6	1.4	2.2	1.6	0.7
Beverage powders, ades, punches, nectars, drinks	1.3	1.4	0.1	*	3.0	0.7	0.3	0.7	0.2
Soft drinks: dessert mixes: prepared desserts: coffee, tea, and cocoa mixes with sugar	2.6	2.2	0.2	0.1	5.2	0.6	0.7	0.9	0.8
Miscellaneous foods	8.6	1.9	0.3	0.1	1.8	2.6	2.4	11.0	3.1
Alcoholic beverages	4.3	1.5	0.2	*	0.8	0.3	0.1	1.5	0.9
Some nutritive value ¹	3.7	0.4	0.1	0.1	1.0	1.9	2.1	9.4	2.0
Little nutritive value ¹	0.6	*	0.0	0.0	0.1	0.4	0.2	0.1	0.2

¹See "Table Notes"

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Table 6.—Money value and nutrients by food group—Continued

Suburban

Food group	Percent of total food						
	Vitamin A	Thiamin	Riboflavin	Preformed niacin	Vitamin B ₆	Vitamin B ₁₂	Ascorbic acid
(1)	(11)	(12)	(13)	(14)	(15)	(16)	(17)
Grain products, enriched	11.5	45.8	27.6	31.4	20.6	6.7	5.9
Flour	0.1	4.9	2.7	3.1	1.0	*	*
Cereal, pastes	10.3	20.1	13.6	15.6	16.1	6.3	5.1
Bread	*	12.5	5.3	7.3	2.0	*	0.5
Other bakery products ¹	0.8	7.4	5.5	5.0	1.3	0.3	0.2
Mixtures ¹	0.2	0.8	0.5	0.4	0.2	0.2	0.1
Grain products, not enriched ¹	0.3	0.9	0.5	0.7	0.8	0.3	0.1
Flour	0.0	*	*	*	*	*	0.0
Cereal, pastes	*	0.2	0.1	0.1	0.2	0.0	*
Bread	0.0	0.1	0.1	0.1	*	0.0	0.0
Other bakery products ¹	0.1	0.1	0.1	0.1	0.2	*	*
Soup, mixtures ¹	0.2	0.4	0.3	0.4	0.3	0.2	*
Fats, oils	9.1	0.2	0.4	0.1	0.2	0.5	0.1
Butter	1.8	*	0.1	0.0	0.0	0.0	0.0
Margarine	6.9	0.1	0.2	0.1	0.1	0.2	0.0
Salad dressing, oil	0.4	0.1	0.2	*	0.1	0.3	0.1
Lard	0.0	0.0	0.0	0.0	*	0.0	0.0
Vegetable shortening ¹	0.1	0.0	0.0	0.0	0.0	0.0	0.0
Sugar, sweets	0.3	1.2	1.5	0.8	0.7	0.3	10.6
Sugar, sirup, jelly, candy	0.1	0.5	0.9	0.5	0.4	0.3	0.2
Beverage powders, ades, punches, nectars, drinks	0.2	0.7	0.5	0.3	0.3	0.0	10.4
Soft drinks: dessert mixes; prepared desserts: coffee, tea, and cocoa mixes with sugar	*	*	0.1	*	*	0.1	*
Miscellaneous foods	*	0.2	2.7	10.3	1.7	*	*
Alcoholic beverages	*	*	0.6	1.2	1.5	0.0	*
Some nutritive value ¹	*	0.2	2.1	9.1	0.2	*	*
Little nutritive value ¹	0.0	0.0	0.0	0.0	0.0	0.0	0.0

¹See "Table Notes"

Table 6.—Money value and nutrients by food group

UNITED STATES

Nonmetropolitan

Food group	Percent of total food								
	Money value	Food energy	Protein	Fat	Carbo- hydrate	Calcium	Iron	Magne- sium	Phos- phorus
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
All food groups	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Milk, cream, cheese	12.4	12.3	19.0	13.9	8.9	58.1	2.4	15.4	29.2
Milk ¹	6.9	7.3	12.7	7.2	5.8	42.9	0.9	12.6	20.6
Cream, ice cream	1.8	2.3	1.2	2.7	2.4	3.9	0.3	1.2	1.9
Cheese	3.2	2.3	4.8	3.7	0.2	10.6	0.5	1.2	6.3
Soup, mixtures ¹	0.5	0.4	0.3	0.3	0.4	0.6	0.8	0.5	0.4
Meat, poultry, fish	33.1	24.0	45.1	40.2	0.3	3.0	30.0	13.9	25.4
Beef	13.6	10.5	20.9	17.3	*	1.1	15.7	5.7	11.4
Bacon, salt pork	1.7	3.2	1.2	7.0	*	0.2	0.8	0.4	0.8
Other pork	6.2	4.6	6.9	8.4	*	0.4	5.1	1.7	4.0
Veal, lamb, game, and variety meat	0.8	0.2	0.7	0.3	*	*	0.4	0.2	0.4
Liver	0.2	0.1	0.4	0.1	*	*	0.9	0.1	0.4
Lunch meat, frankfurters	3.2	2.7	3.6	4.8	0.1	0.2	2.8	0.8	1.6
Poultry	3.8	1.8	7.6	1.6	*	0.4	3.3	3.6	4.4
Fish, shellfish	3.6	0.8	3.8	0.7	*	0.7	1.0	1.4	2.3
Other protein foods ¹	4.6	5.4	9.7	6.8	2.9	4.0	8.8	10.6	8.7
Eggs	2.2	2.1	4.7	3.1	0.1	2.0	4.1	1.2	4.0
Dry beans, peas, lentils	0.6	1.2	2.1	0.2	1.9	1.2	3.2	4.1	2.2
Nuts, peanut butter	0.9	1.7	2.0	3.1	0.5	0.5	1.0	4.4	1.9
Soup, mixtures	0.4	0.3	0.5	0.2	0.2	0.1	0.3	0.6	0.2
Plate meals	0.4	0.2	0.3	0.2	0.2	0.1	0.2	0.3	0.3
Vegetables ¹	12.5	5.8	5.6	2.3	10.3	7.0	11.9	17.5	7.4
Potatoes ¹	2.0	2.9	1.8	1.7	4.7	0.7	2.7	7.2	2.6
Dark green ¹	0.8	0.1	0.4	*	0.2	1.4	1.1	1.3	0.4
Deep yellow ¹	0.5	0.2	0.1	*	0.4	0.3	0.4	0.6	0.2
Tomatoes ¹	2.2	0.6	0.6	0.2	1.1	0.7	1.7	1.7	0.8
Other vegetables ¹	6.7	1.9	2.6	0.3	3.7	3.8	5.8	6.6	3.4
Soup, mixtures ¹	0.3	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1
Fruits ¹	7.2	4.0	1.3	0.4	9.1	2.6	4.3	6.5	1.9
Citrus ¹	2.3	1.5	0.7	0.1	3.3	1.4	1.2	2.6	0.9
Other vitamin C-rich ¹	0.6	0.1	0.1	*	0.3	0.2	0.4	0.4	0.1
Other fruits ¹	4.3	2.4	0.6	0.3	5.5	1.0	2.7	3.5	0.9
Mixtures ¹	*	*	*	*	*	*	*	*	*

¹ See "Table Notes"

UNITED STATES

Table 6.—Money value and nutrients by food group—Continued

Nonmetropolitan

Food group	Percent of total food						
	Vitamin A	Thiamin	Ribo-flavin	Preformed niacin	Vitamin B ₆	Vitamin B ₁₂	Ascorbic acid
(1)	(11)	(12)	(13)	(14)	(15)	(16)	(17)
All food groups.....	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Milk, cream, cheese.....	13.1	8.9	30.3	1.9	9.4	30.5	3.5
Milk ¹	8.1	7.4	24.0	1.2	7.3	23.8	2.8
Cream, ice cream.....	1.9	0.7	2.9	0.1	0.8	2.8	0.2
Cheese.....	2.7	0.3	2.9	0.1	0.9	3.2	*
Soup, mixtures ¹	0.4	0.4	0.5	0.4	0.4	0.7	0.5
Meat, poultry, fish.....	11.1	18.5	19.6	33.6	32.6	51.6	0.6
Beef.....	0.5	2.8	6.4	13.8	14.7	15.9	*
Bacon, salt pork.....	0.0	1.2	0.6	0.8	0.8	0.8	0.0
Other pork.....	*	10.3	2.9	5.0	5.4	2.8	*
Veal, lamb, game, and variety meat.....	*	0.1	0.4	0.6	0.4	0.7	*
Liver.....	7.4	0.2	2.2	0.8	0.6	15.3	0.5
Lunch meat, frankfurters.....	0.6	2.5	2.5	2.9	1.8	5.2	*
Poultry.....	2.3	0.9	4.1	7.0	7.1	2.1	*
Fish, shellfish.....	0.2	0.5	0.7	2.8	1.9	8.8	0.1
Other protein foods ¹	4.0	5.1	5.8	5.5	7.0	9.9	0.3
Eggs.....	3.0	1.6	4.4	0.1	2.1	9.2	0.0
Dry beans, peas, lentils.....	0.1	2.0	0.6	0.7	2.8	*	0.1
Nuts, peanut butter.....	*	1.2	0.4	4.0	1.4	0.0	*
Soup, mixtures.....	0.5	0.2	0.2	0.3	0.3	0.4	0.1
Plate meals.....	0.4	0.2	0.1	0.4	0.4	0.3	0.1
Vegetables ¹	40.1	10.2	6.3	9.6	17.6	0.1	36.8
Potatoes ¹	*	3.6	1.2	4.4	6.9	*	7.8
Dark green ¹	9.9	0.5	0.8	0.3	1.2	*	6.5
Deep yellow ¹	14.3	0.3	0.2	0.2	0.7	0.0	0.7
Tomatoes ¹	6.8	1.5	0.8	1.6	2.3	0.1	6.6
Other vegetables ¹	8.0	4.2	3.2	2.9	6.4	*	15.0
Soup, mixtures ¹	1.0	0.1	0.1	0.1	0.1	*	0.1
Fruits ¹	8.7	5.9	2.5	2.8	8.3	0.0	42.2
Citrus ¹	2.4	3.9	0.8	1.2	1.8	0.0	33.4
Other vitamin C-rich ¹	2.2	0.2	0.2	0.2	0.3	0.0	4.0
Other fruits ¹	4.0	1.7	1.4	1.4	6.1	0.0	4.8
Mixtures ¹	*	*	*	*	*	0.0	*

¹See "Table Notes"

UNITED STATES

Table 6.—Money value and nutrients by food group—Continued

Nonmetropolitan

Food group	Percent of total food								
	Money value	Food energy	Protein	Fat	Carbo-hydrate	Calcium	Iron	Magne-sium	Phos-phorus
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
Grain products, enriched	11.2	23.5	17.3	7.9	40.8	18.0	35.8	20.8	21.4
Flour	1.0	4.6	3.4	0.8	8.5	4.5	5.1	2.9	5.5
Cereal, pastes	3.2	6.3	4.7	0.8	12.4	3.6	16.3	8.9	7.1
Bread	2.4	5.6	5.4	1.3	9.7	6.6	7.7	4.4	4.1
Other bakery products ¹	3.9	6.4	3.3	4.6	9.2	2.9	6.2	4.1	4.2
Mixtures ¹	0.7	0.7	0.5	0.4	0.9	0.5	0.5	0.5	0.5
Grain products, not enriched ¹	1.0	1.0	0.8	0.6	1.4	0.7	0.7	0.9	0.8
Flour	*	0.1	0.1	*	0.2	*	*	*	*
Cereal, pastes	*	0.1	0.1	*	0.2	*	0.1	0.1	0.1
Bread	0.1	0.1	0.1	*	0.2	0.1	*	0.1	0.1
Other bakery products ¹	0.3	0.4	0.1	0.4	0.5	0.2	0.2	0.4	0.3
Soup, mixtures ¹	0.6	0.3	0.4	0.2	0.3	0.4	0.3	0.3	0.3
Fats, oils	3.1	11.6	0.3	26.8	0.5	0.7	0.3	0.2	0.4
Butter	0.4	0.8	*	1.9	*	0.1	*	*	*
Margarine	0.9	3.9	0.1	9.1	*	0.4	*	0.1	0.2
Salad dressing, oil	1.3	4.2	0.1	9.4	0.4	0.2	0.2	0.1	0.2
Lard	0.1	0.4	*	1.0	0.0	0.0	0.0	0.0	0.0
Vegetable shortening ¹	0.4	2.2	*	5.3	*	*	*	*	*
Sugar, sweets	7.0	10.9	0.6	1.0	24.4	2.6	3.4	3.2	1.7
Sugar, sirup, jelly, candy	3.1	7.8	0.4	0.9	17.5	1.4	2.4	1.8	0.6
Beverage powders, ades, punches, nectars, drinks	1.1	1.0	*	*	2.1	0.6	0.2	0.5	0.1
Soft drinks; dessert mixes; prepared desserts; coffee, tea, and cocoa mixes with sugar	2.8	2.1	0.2	0.1	4.7	0.6	0.7	0.8	0.9
Miscellaneous foods	7.9	1.5	0.3	*	1.6	3.2	2.4	11.0	3.1
Alcoholic beverages	3.0	1.1	0.1	*	0.6	0.3	0.1	1.3	0.8
Some nutritive value ¹	4.3	0.4	0.1	*	0.9	2.6	2.2	9.7	2.2
Little nutritive value ¹	0.5	*	0.0	0.0	0.1	0.4	0.1	*	0.1

¹See "Table Notes"

UNITED STATES

Table 6.—Money value and nutrients by food group—Continued

Nonmetropolitan

Food group	Percent of total food						
	Vitamin A	Thiamin	Riboflavin	Preformed niacin	Vitamin B ₆	Vitamin B ₁₂	Ascorbic acid
(1)	(11)	(12)	(13)	(14)	(15)	(16)	(17)
Grain products, enriched	12.6	49.3	30.6	34.6	22.0	6.7	6.8
Flour	0.1	8.7	4.9	5.7	1.3	*	*
Cereal, pastes	11.5	20.3	14.2	16.2	17.6	6.4	6.1
Bread	*	12.4	5.5	7.5	1.8	*	0.4
Other bakery products ¹	0.7	6.9	5.4	4.7	1.1	0.2	0.1
Mixtures ¹	0.3	1.0	0.6	0.5	0.2	0.2	0.1
Grain products, not enriched ¹	0.3	0.6	0.4	0.5	0.7	0.3	0.1
Flour	0.0	*	*	*	*	*	*
Cereal, pastes	*	0.1	*	0.1	0.1	0.0	*
Bread	0.0	*	*	*	*	0.0	0.0
Other bakery products ¹	*	0.1	0.1	0.1	0.2	*	*
Soup, mixtures ¹	0.2	0.3	0.2	0.3	0.3	0.2	*
Fats, oils	10.0	0.2	0.4	0.1	0.2	0.6	0.1
Butter	1.5	*	*	0.0	0.0	0.0	0.0
Margarine	7.9	0.1	0.2	0.1	0.1	0.2	*
Salad dressing, oil	0.4	0.1	0.2	*	0.1	0.4	0.1
Lard	0.0	0.0	0.0	0.0	*	0.0	0.0
Vegetable shortening ¹	0.1	0.0	0.0	0.0	0.0	0.0	0.0
Sugar, sweets	0.3	1.1	1.4	0.8	0.7	0.3	9.6
Sugar, sirup, jelly, candy	0.1	0.5	0.9	0.6	0.4	0.2	0.2
Beverage powders, ades, punches, nectars, drinks	0.2	0.5	0.3	0.2	0.2	0.0	9.4
Soft drinks; dessert mixes; prepared desserts; coffee, tea, and cocoa mixes with sugar	*	*	0.1	*	*	0.1	*
Miscellaneous foods	*	0.3	2.8	10.5	1.6	*	*
Alcoholic beverages	*	*	0.6	1.1	1.4	0.0	*
Some nutritive value ¹	*	0.3	2.2	9.5	0.2	*	*
Little nutritive value ¹	0.0	0.0	0.0	0.0	0.0	0.0	0.0

¹ See "Table Notes"

Table 7.1.—Dietary levels—food energy

UNITED STATES

By urbanization

Urbanization and money income before taxes in 1976	Specified percentage of Recommended Dietary Allowance (1974) ¹												
	All households	Less than 40	40-59	60-79	80-99	100-119	120-139	140-159	160-179	180-199	200-299	300-399	400 or more
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)
Percent of household diets													
All urbanizations:													
All households	100.0	0.5	2.2	7.4	13.2	19.4	16.5	12.5	10.1	6.2	9.9	1.6	0.5
Under \$5,000	100.0	0.9	4.1	8.9	11.3	17.5	13.7	11.6	6.8	5.9	17.0	1.9	0.4
\$5,000-\$9,999	100.0	1.1	2.4	9.1	12.9	17.2	17.2	12.5	11.7	7.1	7.4	0.8	0.6
\$10,000-\$14,999	100.0	0.2	1.7	9.3	13.1	21.3	14.9	11.1	9.0	6.1	11.7	1.4	0.2
\$15,000-\$19,999	100.0	0.3	1.4	5.8	15.2	20.1	18.4	16.0	10.5	4.5	6.8	0.7	0.3
\$20,000 and over	100.0	0.3	1.3	4.1	12.7	21.8	19.4	12.8	11.1	7.7	7.6	1.1	0.2
Not classified	100.0	0.3	2.4	7.7	14.2	18.4	15.1	11.4	10.7	5.4	9.9	3.2	1.3
Central city:													
All households	100.0	0.9	3.7	8.4	13.1	16.1	15.5	11.7	9.8	6.1	11.4	2.0	1.0
Under \$5,000	100.0	0.7	5.9	8.1	12.4	13.7	13.8	12.7	7.4	5.3	17.7	2.4	0.0
\$5,000-\$9,999	100.0	2.3	4.1	7.9	11.3	12.9	19.7	12.5	13.2	6.4	7.7	1.1	1.0
\$10,000-\$14,999	100.0	0.0	2.8	8.8	15.8	20.0	12.1	11.4	7.4	8.6	10.9	1.5	0.7
\$15,000-\$19,999	100.0	1.0	4.0	7.2	14.9	21.1	16.9	12.7	6.8	5.0	9.3	0.0	1.0
\$20,000 and over	100.0	0.7	2.3	8.4	12.1	14.4	18.4	11.3	15.9	7.2	7.0	1.6	0.7
Not classified	100.0	0.8	2.9	9.8	13.0	16.9	12.7	9.9	7.8	4.1	14.4	4.9	2.9

¹ See "Table Notes"

UNITED STATES

Table 7.1.—Dietary levels—food energy—Continued

By urbanization

Urbanization and money income before taxes in 1976	Specified percentage of Recommended Dietary Allowance (1974) ¹												
	All households	Less than 40	40-59	60-79	80-99	100-119	120-139	140-159	160-179	180-199	200-299	300-399	400 or more
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)
Percent of household diets													
Suburban:													
All households	100.0	0.2	1.5	6.2	13.9	20.8	17.5	13.7	10.0	6.3	8.7	1.2	0.2
Under \$5,000	100.0	1.9	5.5	9.2	10.1	21.2	16.2	13.1	3.4	4.3	14.0	1.2	0.0
\$5,000-\$9,999	100.0	0.5	2.5	7.4	15.7	19.2	14.0	14.1	9.8	6.4	10.0	0.4	0.0
\$10,000-\$14,999	100.0	0.0	0.5	9.5	12.4	23.4	16.7	10.2	9.1	4.8	11.3	2.2	0.0
\$15,000-\$19,999	100.0	0.0	0.0	4.1	13.7	17.3	20.1	22.1	11.1	5.1	5.9	0.6	0.0
\$20,000 and over	100.0	0.0	0.8	2.7	13.8	23.0	20.4	12.1	10.0	8.5	7.8	0.9	0.0
Not classified	100.0	0.0	1.6	7.7	15.3	19.5	15.5	12.7	12.8	6.1	6.4	1.6	0.7
Nonmetropolitan:													
All households	100.0	0.4	1.5	7.7	12.6	20.8	16.5	11.8	10.5	6.2	9.8	1.6	0.5
Under \$5,000	100.0	0.5	1.1	9.7	10.7	19.6	12.1	9.5	8.3	7.5	18.0	1.9	1.1
\$5,000-\$9,999	100.0	0.4	0.8	11.7	11.9	19.4	17.8	11.1	11.9	8.3	5.0	0.8	0.8
\$10,000-\$14,999	100.0	0.5	1.8	9.6	11.1	20.4	15.9	11.9	10.4	4.8	12.9	0.6	0.0
\$15,000-\$19,999	100.0	0.0	1.0	6.7	17.2	22.3	17.6	11.7	12.7	3.4	5.9	1.5	0.0
\$20,000 and over	100.0	0.5	1.1	2.8	11.2	26.1	18.5	15.2	8.9	6.7	7.8	1.0	0.0
Not classified	100.0	0.3	2.9	6.1	13.9	18.3	16.6	11.4	10.6	5.6	10.3	3.5	0.6

¹ See "Table Notes"

UNITED STATES

By urbanization

Table 7.2.—Dietary levels—protein

Urbanization and money income before taxes in 1976	Specified percentage of Recommended Dietary Allowance (1974) ¹												
	All households	Less than 40	40-59	60-79	80-99	100-119	120-139	140-159	160-179	180-199	200-299	300-399	400 or more
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)
Percent of household diets													
All urbanizations:													
All households	100.0	*	0.3	0.5	1.6	3.2	5.9	9.8	10.2	11.7	40.6	11.0	5.0
Under \$5,000	100.0	0.0	1.7	1.0	3.5	5.1	7.1	7.7	9.7	10.0	35.1	12.2	6.9
\$5,000-\$9,999	100.0	0.0	0.2	0.7	2.5	4.7	6.4	12.2	9.0	13.8	35.5	11.0	4.0
\$10,000-\$14,999	100.0	0.0	0.3	0.2	1.5	2.3	8.3	10.2	10.7	8.9	41.7	11.6	4.4
\$15,000-\$19,999	100.0	0.0	0.0	0.3	1.4	1.8	5.2	9.1	9.1	14.3	46.4	9.9	2.5
\$20,000 and over	100.0	0.1	0.0	0.5	0.0	1.1	3.7	7.7	8.2	14.2	45.7	13.6	5.3
Not classified	100.0	0.0	0.2	0.4	1.5	4.3	5.2	11.3	14.0	9.4	39.5	8.0	6.3
Central city:													
All households	100.0	0.0	0.5	0.7	2.5	3.4	5.8	9.6	11.0	9.5	36.6	12.3	8.0
Under \$5,000	100.0	0.0	1.4	0.7	5.5	5.0	5.5	4.7	10.1	7.0	35.5	14.3	10.4
\$5,000-\$9,999	100.0	0.0	0.7	0.9	2.8	3.7	8.5	14.0	9.3	9.4	32.7	14.7	3.2
\$10,000-\$14,999	100.0	0.0	0.8	0.0	2.4	2.8	6.8	9.1	11.5	10.2	37.1	14.6	4.7
\$15,000-\$19,999	100.0	0.0	0.0	0.0	3.0	2.2	5.7	11.4	6.3	14.5	42.6	10.3	3.9
\$20,000 and over	100.0	0.0	0.0	2.0	0.0	1.0	2.9	7.9	6.6	11.9	45.8	12.6	9.3
Not classified	100.0	0.0	0.0	0.6	0.8	4.7	5.0	11.2	20.5	6.3	29.5	6.3	15.1

¹See "Table Notes"

Table 7.2.—Dietary levels—protein—Continued

UNITED STATES

By urbanization

Urbanization and money income before taxes in 1976	Specified percentage of Recommended Dietary Allowance (1974) ¹												
	All households	Less than 40	40-59	60-79	80-99	100-119	120-139	140-159	160-179	180-199	200-299	300-399	400 or more
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)
Percent of household diets													
Suburban:													
All households	100.0	0.0	0.3	0.2	0.5	3.2	5.0	8.1	8.6	14.5	44.2	11.3	4.1
Under \$5,000	100.0	0.0	4.0	2.3	1.4	5.0	11.7	7.6	5.7	9.7	33.4	13.7	5.5
\$5,000-\$9,999	100.0	0.0	0.0	0.0	0.4	4.9	4.1	13.6	6.1	19.3	37.1	9.5	5.1
\$10,000-\$14,999	100.0	0.0	0.0	0.0	0.0	2.2	8.7	8.4	8.3	11.4	44.9	10.4	5.7
\$15,000-\$19,999	100.0	0.0	0.0	0.0	0.0	1.5	2.1	6.4	9.2	12.9	54.7	11.5	1.7
\$20,000 and over	100.0	0.0	0.0	0.0	0.0	1.5	3.6	5.0	9.3	16.9	44.4	14.8	4.5
Not classified	100.0	0.0	0.0	0.0	1.6	5.2	3.9	9.2	10.5	12.9	46.4	7.6	2.7
Nonmetropolitan:													
All households	100.0	0.1	0.2	0.6	2.1	3.0	6.8	11.7	11.2	10.8	40.4	9.7	3.3
Under \$5,000	100.0	0.0	0.5	0.7	2.5	5.3	6.1	11.3	11.7	13.8	35.6	8.9	3.6
\$5,000-\$9,999	100.0	0.0	0.0	1.0	4.1	5.4	6.5	9.5	11.1	12.9	36.7	9.0	3.7
\$10,000-\$14,999	100.0	0.0	0.0	0.5	2.3	1.8	9.4	13.5	12.5	4.7	42.8	9.8	2.8
\$15,000-\$19,999	100.0	0.0	0.0	1.0	1.6	1.9	8.5	10.3	11.4	15.6	39.7	7.7	2.3
\$20,000 and over	100.0	0.5	0.0	0.0	0.0	0.5	4.6	11.9	7.8	11.4	47.8	12.3	3.2
Not classified	100.0	0.0	0.5	0.7	1.8	2.9	6.6	13.4	12.6	8.1	39.9	9.8	3.6

¹See "Table Notes"

UNITED STATES

Table 7.3.—Dietary levels—calcium

By urbanization

Urbanization and money income before taxes in 1976	Specified percentage of Recommended Dietary Allowance (1974) ¹												
	All households	Less than 40	40-59	60-79	80-99	100-119	120-139	140-159	160-179	180-199	200-299	300-399	400 or more
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)
Percent of household diets													
All urbanizations:													
All households	100.0	2.1	5.3	10.6	14.9	15.3	14.6	11.5	7.7	5.7	9.8	1.9	0.7
Under \$5,000	100.0	4.9	7.7	11.9	13.1	11.6	12.3	8.8	9.2	4.1	12.8	2.7	0.8
\$5,000-\$9,999	100.0	3.0	5.8	12.1	16.6	15.0	13.4	12.2	6.7	5.4	8.5	0.8	0.5
\$10,000-\$14,999	100.0	1.9	3.7	9.3	17.2	13.7	13.7	12.3	7.6	8.0	10.1	2.3	0.0
\$15,000-\$19,999	100.0	1.0	6.3	9.2	16.0	18.2	16.7	10.1	7.6	5.5	8.1	1.4	0.0
\$20,000 and over	100.0	1.0	3.4	8.1	13.5	16.7	16.3	12.6	9.7	5.8	10.2	2.2	0.5
Not classified	100.0	1.4	6.0	12.5	13.4	16.2	14.8	11.6	5.7	5.3	9.2	2.2	1.7
Central city:													
All households	100.0	3.9	7.2	9.9	14.4	14.3	13.6	11.1	6.4	4.9	10.0	2.9	1.4
Under \$5,000	100.0	5.8	9.9	14.9	11.6	10.2	11.8	7.3	8.9	3.1	12.1	3.4	1.0
\$5,000-\$9,999	100.0	4.9	6.7	11.9	15.4	17.5	13.0	9.5	4.7	4.3	9.9	1.6	0.5
\$10,000-\$14,999	100.0	3.8	5.6	5.5	17.3	17.0	12.7	14.5	4.1	7.3	9.2	2.9	0.0
\$15,000-\$19,999	100.0	2.7	9.1	7.5	17.0	13.2	19.2	9.8	6.6	4.7	8.3	1.9	0.0
\$20,000 and over	100.0	2.7	7.1	7.4	13.9	12.3	12.1	15.2	10.0	6.0	6.8	4.4	2.1
Not classified	100.0	2.6	5.0	10.2	12.5	15.0	14.8	11.1	4.3	4.4	12.5	3.2	4.5

¹See "Table Notes"

Table 7.3.—Dietary levels—calcium—Continued

UNITED STATES

By urbanization

Urbanization and money income before taxes in 1976	Specified percentage of Recommended Dietary Allowance (1974) ¹												
	All households	Less than 40	40-59	60-79	80-99	100-119	120-139	140-159	160-179	180-199	200-299	300-399	400 or more
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)
Percent of household diets													
Suburban:													
All households	100.0	1.0	4.5	10.3	14.1	16.0	13.9	12.0	10.0	6.6	10.1	1.1	0.4
Under \$5,000	100.0	5.3	6.2	10.2	13.3	15.1	8.4	11.6	12.3	5.6	11.0	1.0	0.0
\$5,000-\$9,999	100.0	1.7	4.1	12.0	18.0	12.7	11.3	14.8	12.0	5.9	6.0	0.4	1.1
\$10,000-\$14,999	100.0	0.6	3.9	12.4	14.0	11.3	11.7	11.6	8.0	10.4	13.5	2.4	0.0
\$15,000-\$19,999	100.0	0.0	4.6	11.7	16.8	17.9	16.3	8.6	8.8	6.5	8.3	0.6	0.0
\$20,000 and over	100.0	0.3	1.0	7.8	10.9	18.9	17.3	12.4	11.5	6.1	12.5	1.2	0.0
Not classified	100.0	0.7	9.0	9.6	13.7	17.6	13.7	12.0	8.0	5.3	8.4	0.9	1.2
Nonmetropolitan:													
All households	100.0	1.7	4.5	11.5	16.1	15.5	16.2	11.2	6.4	5.5	9.2	2.0	0.2
Under \$5,000	100.0	3.6	6.2	9.3	14.9	11.0	15.5	8.8	7.6	4.4	14.8	2.9	1.0
\$5,000-\$9,999	100.0	2.4	6.3	12.4	16.4	14.8	15.7	12.4	3.9	5.8	9.5	0.4	0.0
\$10,000-\$14,999	100.0	1.5	1.4	9.7	20.7	13.0	16.9	10.9	10.7	6.2	7.3	1.7	0.0
\$15,000-\$19,999	100.0	0.7	5.8	7.6	14.1	22.7	15.2	12.0	7.1	5.0	7.6	2.1	0.0
\$20,000 and over	100.0	0.5	4.1	9.4	17.4	16.7	18.1	10.8	6.4	5.2	9.2	2.1	0.0
Not classified	100.0	1.4	3.6	17.2	13.7	15.8	15.8	11.6	4.3	5.9	7.6	2.8	0.3

¹ See "Table Notes"

UNITED STATES

By urbanization

Table 7.4.—Dietary levels—iron

Urbanization and money income before taxes in 1976	Specified percentage of Recommended Dietary Allowance (1974) ¹												
	All house holds	Less than 40	40-59	60-79	80-99	100-119	120-139	140-159	160-179	180-199	200-299	300-399	400 or more
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)
Percent of household diets													
All urbanizations:													
All households	100.0	0.2	1.4	4.7	9.4	13.2	13.7	12.9	10.7	8.5	18.3	4.9	2.1
Under \$5,000	100.0	0.7	1.9	4.4	8.1	12.4	11.2	12.0	10.2	7.7	18.6	9.4	3.4
\$5,000-\$9,999	100.0	0.2	2.4	5.6	10.2	11.2	11.0	8.5	12.6	9.4	23.7	3.5	1.7
\$10,000-\$14,999	100.0	0.2	1.4	6.2	9.3	12.5	15.2	13.4	8.1	9.2	16.8	4.9	2.9
\$15,000-\$19,999	100.0	0.0	1.4	5.1	9.3	19.1	15.8	17.1	10.8	6.3	11.2	2.5	1.3
\$20,000 and over	100.0	0.2	0.6	3.2	8.3	14.8	15.7	15.5	11.3	8.6	17.6	3.1	1.1
Not classified	100.0	0.0	0.9	4.0	10.9	11.0	13.1	11.8	10.7	8.9	19.9	6.3	2.5
Central city:													
All households	100.0	0.2	2.2	5.3	8.7	12.6	14.4	10.6	10.3	7.3	18.7	5.7	3.8
Under \$5,000	100.0	0.7	1.1	5.0	7.2	13.0	11.7	12.3	11.8	6.0	19.5	8.7	3.0
\$5,000-\$9,999	100.0	0.0	4.1	6.2	9.1	11.9	11.9	7.2	15.1	5.9	23.0	3.9	1.8
\$10,000-\$14,999	100.0	0.0	3.1	6.1	8.4	12.9	16.1	10.1	9.4	8.8	16.7	3.1	5.2
\$15,000-\$19,999	100.0	0.0	3.1	4.9	9.3	17.9	14.8	18.6	9.2	5.1	11.7	3.6	1.8
\$20,000 and over	100.0	0.7	0.7	3.0	8.5	8.8	20.5	12.8	9.1	9.3	18.5	4.5	3.6
Not classified	100.0	0.0	1.5	6.3	10.1	12.9	12.6	6.0	6.1	8.7	19.6	9.3	7.0

¹See "Table Notes."

Table 7.4.—Dietary levels—iron—Continued

UNITED STATES

By urbanization

Urbanization and money income before taxes in 1976	Specified percentage of Recommended Dietary Allowance (1974) ¹												
	All households	Less than 40	40-59	60-79	80-99	100-119	120-139	140-159	160-179	180-199	200-299	300-399	400 or more
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)
Percent of household diets													
Suburban:													
All households	100.0	0.2	1.0	3.9	10.4	14.5	13.8	14.4	10.0	8.5	17.6	4.3	1.2
Under \$5,000	100.0	1.1	4.6	4.4	15.1	13.8	10.9	11.0	6.0	9.2	12.7	7.9	3.2
\$5,000-\$9,999	100.0	0.7	1.8	4.2	11.5	7.0	15.2	9.7	10.2	8.9	25.3	3.8	1.7
\$10,000-\$14,999	100.0	0.0	0.6	6.5	10.8	10.4	14.2	15.3	6.3	10.3	16.1	7.1	2.4
\$15,000-\$19,999	100.0	0.0	0.0	3.6	8.3	20.7	14.9	18.5	13.7	6.3	11.6	1.1	1.2
\$20,000 and over	100.0	0.0	0.0	4.2	7.9	20.2	14.3	15.2	10.7	8.2	16.1	3.2	0.0
Not classified	100.0	0.0	1.1	1.5	11.7	12.3	12.3	15.1	11.2	8.4	20.8	4.8	0.7
Nonmetropolitan:													
All households	100.0	0.1	1.0	4.9	9.0	12.4	12.8	13.2	11.8	9.4	18.9	4.8	1.5
Under \$5,000	100.0	0.5	1.2	3.8	4.7	10.7	10.8	12.3	11.0	8.7	21.2	11.2	3.9
\$5,000-\$9,999	100.0	0.0	1.3	6.4	10.0	14.4	6.6	8.6	12.5	12.9	22.9	2.9	1.6
\$10,000-\$14,999	100.0	0.5	0.5	6.0	8.5	14.3	15.3	14.5	8.9	8.3	17.7	4.3	1.1
\$15,000-\$19,999	100.0	0.0	1.7	7.1	10.4	18.4	17.6	14.3	8.7	7.3	10.4	3.2	0.8
\$20,000 and over	100.0	0.0	1.5	1.6	9.0	10.7	13.9	18.3	14.2	8.6	19.4	1.8	1.0
Not classified	100.0	0.0	0.3	4.9	10.7	8.3	14.2	12.6	13.6	9.5	19.1	5.7	1.0

¹See "Table Notes"

UNITED STATES

By urbanization

Table 7.5.—Dietary levels—magnesium

Urbanization and money income before taxes in 1976	Specified percentage of Recommended Dietary Allowance (1974) ¹												
	All households	Less than 40	40-59	60-79	80-99	100-119	120-139	140-159	160-179	180-199	200-299	300-399	400 or more
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)
Percent of household diets													
All urbanizations:													
All households	100.0	0.5	3.0	7.9	13.5	17.7	16.5	13.3	9.0	6.6	10.0	1.4	0.6
Under \$5,000	100.0	0.7	4.7	9.4	15.8	15.8	13.8	12.5	6.3	7.2	11.2	1.8	0.6
\$5,000-\$9,999	100.0	1.0	3.1	10.8	12.8	15.9	17.0	13.0	9.2	6.1	9.5	1.4	0.2
\$10,000-\$14,999	100.0	0.7	2.1	8.2	13.9	16.9	15.4	14.6	8.8	5.6	12.2	1.4	0.2
\$15,000-\$19,999	100.0	0.0	3.4	5.4	14.3	21.2	19.3	11.9	9.6	7.1	6.6	0.9	0.3
\$20,000 and over	100.0	0.5	1.1	5.1	11.7	18.4	18.4	14.5	9.6	8.2	10.4	1.7	0.5
Not classified	100.0	0.0	4.3	8.3	13.6	18.3	14.9	12.8	9.9	5.3	9.8	1.2	1.6
Central city:													
All households	100.0	1.0	4.7	8.3	12.4	15.6	13.7	14.9	9.2	6.5	10.5	2.2	1.1
Under \$5,000	100.0	0.7	4.2	13.0	12.5	14.5	12.4	13.2	6.5	7.6	12.5	2.4	0.4
\$5,000-\$9,999	100.0	1.8	5.3	8.1	13.3	13.4	16.6	14.0	10.6	4.9	10.5	1.5	0.0
\$10,000-\$14,999	100.0	1.6	4.4	6.2	12.8	15.9	13.4	17.3	6.7	7.5	11.9	2.4	0.0
\$15,000-\$19,999	100.0	0.0	5.4	6.0	9.8	21.2	19.4	15.1	7.9	6.5	7.1	0.6	1.0
\$20,000 and over	100.0	1.4	3.9	6.9	10.7	10.0	12.7	17.4	15.7	8.2	8.3	4.2	0.7
Not classified	100.0	0.0	5.1	7.9	14.0	20.3	9.8	12.8	8.1	4.8	11.2	1.7	4.3

¹See "Table Notes"

Table 7.5.—Dietary levels—magnesium—Continued

UNITED STATES

By urbanization

Urbanization and money income before taxes in 1976	Specified percentage of Recommended Dietary Allowance (1974) ¹												
	All households	Less than 40	40-59	60-79	80-99	100-119	120-139	140-159	160-179	180-199	200-299	300-399	400 or more
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)
Percent of household diets													
Suburban:													
All households	100.0	0.2	2.4	6.7	12.8	18.6	18.3	12.8	9.4	7.2	10.0	1.2	0.4
Under \$5,000	100.0	1.1	8.6	7.4	19.9	16.1	10.9	11.4	4.2	7.6	10.5	2.2	0.0
\$5,000-\$9,999	100.0	0.5	1.6	12.2	10.1	15.6	16.4	14.3	10.2	8.8	8.3	2.1	0.0
\$10,000-\$14,999	100.0	0.0	0.8	6.7	14.8	19.1	18.6	10.3	11.7	4.0	11.7	1.8	0.6
\$15,000-\$19,999	100.0	0.0	2.4	2.7	13.3	21.0	23.2	9.1	10.9	9.7	7.1	0.6	0.0
\$20,000 and over	100.0	0.0	0.3	4.1	11.1	20.9	19.7	13.1	8.7	7.7	13.4	0.3	0.7
Not classified	100.0	0.0	4.5	8.4	12.2	17.0	17.4	16.3	9.3	5.8	7.3	1.2	0.7
Nonmetropolitan:													
All households	100.0	0.4	2.3	8.8	15.4	18.6	17.0	12.4	8.3	5.9	9.7	1.0	0.3
Under \$5,000	100.0	0.5	3.0	6.5	17.2	17.1	17.4	12.3	7.4	6.5	10.2	0.9	1.1
\$5,000-\$9,999	100.0	0.7	2.4	12.2	14.8	18.4	17.9	10.9	7.0	4.8	9.7	0.9	0.4
\$10,000-\$14,999	100.0	0.5	1.4	11.9	14.0	15.4	14.0	16.6	7.6	5.5	13.2	0.0	0.0
\$15,000-\$19,999	100.0	0.0	3.1	8.0	19.0	21.6	14.7	12.3	9.6	4.5	5.7	1.4	0.0
\$20,000 and over	100.0	0.5	0.0	5.5	13.7	21.3	20.8	14.3	5.9	9.0	7.1	1.9	0.0
Not classified	100.0	0.0	3.6	8.5	14.8	18.0	16.2	9.3	11.7	5.2	11.4	0.9	0.4

¹See "Table Notes"

UNITED STATES

By urbanization

Table 7.6.—Dietary levels—phosphorus

Urbanization and money income before taxes in 1976	Specified percentage of Recommended Dietary Allowance (1974) ¹												
	All households	Less than 40	40-59	60-79	80-99	100-119	120-139	140-159	160-179	180-199	200-299	300-399	400 or more
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)
Percent of household diets													
All urbanizations:													
All households	100.0	0.1	0.3	1.3	2.5	4.0	7.0	9.1	10.9	12.0	37.7	10.3	4.7
Under \$5,000	100.0	0.2	1.3	2.3	4.3	5.5	5.9	9.2	8.3	13.0	29.1	14.5	6.4
\$5,000-\$9,999	100.0	0.0	0.5	1.8	3.6	5.2	7.9	8.9	10.6	9.6	38.5	9.7	3.7
\$10,000-\$14,999	100.0	0.0	0.5	1.1	1.1	4.5	7.5	8.7	10.2	14.9	36.3	10.4	4.8
\$15,000-\$19,999	100.0	0.0	0.0	1.1	1.7	3.7	5.8	9.1	12.9	15.4	40.4	7.3	2.6
\$20,000 and over	100.0	0.1	0.0	0.6	0.7	1.8	6.4	9.5	11.7	11.4	42.1	11.7	3.9
Not classified	100.0	0.0	0.0	1.1	3.4	3.9	8.1	9.3	11.3	9.9	38.1	8.2	6.7
Central city:													
All households	100.0	0.0	0.7	2.4	3.4	3.9	6.1	8.7	9.8	11.8	35.8	10.5	6.8
Under \$5,000	100.0	0.0	1.4	2.5	4.9	6.0	6.4	9.4	7.0	12.8	28.3	16.0	5.3
\$5,000-\$9,999	100.0	0.0	1.4	2.3	4.6	5.4	5.9	6.0	13.8	8.0	38.5	9.1	4.9
\$10,000-\$14,999	100.0	0.0	0.9	2.5	1.8	4.9	5.2	9.9	9.9	16.1	31.8	10.8	6.1
\$15,000-\$19,999	100.0	0.0	0.0	4.0	1.0	3.6	3.6	8.1	9.9	20.0	39.3	6.9	3.5
\$20,000 and over	100.0	0.0	0.0	1.4	2.3	1.0	8.1	10.2	6.7	6.4	45.6	11.8	6.6
Not classified	100.0	0.0	0.0	1.9	4.7	1.8	6.5	8.8	11.6	10.2	34.1	6.8	13.6

¹See "Table Notes"

Table 7.6.—Dietary levels—phosphorus—Continued

UNITED STATES

By urbanization

Urbanization and money income before taxes in 1976	Specified percentage of Recommended Dietary Allowance (1974) ¹												
	All households	Less than 40	40-59	60-79	80-99	100-119	120-139	140-159	160-179	180-199	200-299	300-399	400 or more
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)
Percent of household diets													
Suburban:													
All households	100.0	0.0	0.3	0.7	1.5	3.7	7.2	8.3	11.5	12.5	41.1	9.8	3.4
Under \$5,000	100.0	0.0	3.0	4.7	2.2	5.6	7.1	8.3	5.7	16.0	28.2	13.8	5.5
\$5,000-\$9,999	100.0	0.0	0.0	0.4	1.6	5.9	9.9	8.3	9.3	11.3	37.9	10.9	4.5
\$10,000-\$14,999	100.0	0.0	0.0	0.0	0.8	4.5	7.0	7.5	8.5	18.0	38.9	9.9	5.0
\$15,000-\$19,999	100.0	0.0	0.0	0.0	0.7	2.2	6.5	8.0	13.0	14.2	47.8	5.9	1.8
\$20,000 and over	100.0	0.0	0.0	0.3	0.4	2.3	5.2	8.8	15.4	12.6	39.6	13.7	1.8
Not classified	100.0	0.0	0.0	0.8	3.8	3.7	8.6	8.3	11.6	6.7	48.0	4.8	3.6
Nonmetropolitan:													
All households	100.0	0.2	0.1	1.0	2.6	4.4	7.7	10.5	11.2	11.7	35.9	10.6	4.3
Under \$5,000	100.0	0.5	0.0	0.5	4.8	5.0	4.6	9.6	11.6	11.4	30.7	13.1	8.2
\$5,000-\$9,999	100.0	0.0	0.0	2.6	4.5	4.5	7.8	12.1	8.9	9.4	38.9	9.3	2.0
\$10,000-\$14,999	100.0	0.0	0.5	0.9	0.8	4.1	10.3	8.7	12.5	10.1	38.0	10.6	3.3
\$15,000-\$19,999	100.0	0.0	0.0	0.0	3.5	5.4	6.8	11.2	15.1	12.9	32.9	9.4	2.7
\$20,000 and over	100.0	0.5	0.0	0.5	0.0	1.7	7.1	10.1	9.9	13.5	43.4	8.2	5.1
Not classified	100.0	0.0	0.0	0.8	2.0	5.6	8.7	10.6	10.9	13.0	31.1	12.7	4.6

¹See "Table Notes"

UNITED STATES

By urbanization

Table 7.7.—Dietary levels—vitamin A

Urbanization and money income before taxes in 1976	Specified percentage of Recommended Dietary Allowance (1974) ¹												
	All households	Less than 40	40-59	60-79	80-99	100-119	120-139	140-159	160-179	180-199	200-299	300-399	400 or more
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)
Percent of household diets													
All urbanizations:													
All households	100.0	1.7	3.9	6.6	7.6	10.9	9.5	9.3	8.4	7.4	19.4	8.6	6.7
Under \$5,000	100.0	2.7	6.6	6.4	6.7	8.7	6.4	7.2	7.7	8.0	19.3	8.9	11.6
\$5,000-\$9,999	100.0	2.6	3.4	7.6	8.2	10.5	9.5	8.1	8.0	5.5	22.5	7.5	6.6
\$10,000-\$14,999	100.0	1.2	5.1	7.5	8.6	12.0	8.3	9.9	10.4	6.8	17.7	7.1	5.5
\$15,000-\$19,999	100.0	0.7	3.5	9.3	7.7	11.9	13.1	9.1	8.3	9.6	17.0	6.2	3.6
\$20,000 and over	100.0	0.7	2.4	4.3	6.2	11.1	9.5	12.1	9.0	7.9	22.7	8.7	5.4
Not classified	100.0	2.0	3.4	6.0	8.5	11.0	10.6	8.7	7.2	7.1	16.1	12.1	7.4
Central city:													
All households	100.0	2.6	2.8	6.2	6.7	9.9	7.5	7.4	8.4	7.7	20.5	11.1	9.2
Under \$5,000	100.0	3.6	3.6	8.8	4.1	6.9	5.0	4.0	8.5	8.2	21.7	10.6	15.0
\$5,000-\$9,999	100.0	2.8	2.4	6.3	9.1	7.5	9.0	6.7	8.5	5.2	25.0	10.1	7.3
\$10,000-\$14,999	100.0	1.7	2.4	4.4	11.7	13.7	8.0	8.1	13.8	6.2	15.3	8.7	5.9
\$15,000-\$19,999	100.0	0.7	3.6	10.0	7.1	7.9	10.8	6.7	7.7	13.2	18.7	9.8	3.8
\$20,000 and over	100.0	2.9	2.5	2.8	2.2	13.7	4.4	13.6	4.8	5.5	27.6	13.6	6.6
Not classified	100.0	2.7	2.2	5.4	6.0	10.3	8.8	5.9	6.9	9.8	14.2	13.7	13.9

¹ See "Table Notes"

Table 7.7.—Dietary levels—vitamin A—Continued

UNITED STATES

By urbanization

Urbanization and money income before taxes in 1976	Specified percentage of Recommended Dietary Allowance (1974) ¹												
	All households	Less than 40	40-59	60-79	80-99	100-119	120-139	140-159	160-179	180-199	200-299	300-399	400 or more
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)
Percent of household diets													
Suburban:													
All households	100.0	0.9	3.9	5.2	7.4	10.7	10.9	10.1	9.1	7.0	20.7	8.3	5.8
Under \$5,000	100.0	1.8	12.6	1.2	7.1	7.5	4.5	8.9	10.3	7.5	20.6	9.1	8.9
\$5,000-\$9,999	100.0	3.2	3.9	5.0	7.0	12.9	9.7	7.2	7.0	4.2	23.8	8.8	7.1
\$10,000-\$14,999	100.0	0.0	5.7	8.3	5.2	10.6	8.9	10.3	8.7	7.7	21.8	7.1	5.8
\$15,000-\$19,999	100.0	0.0	2.1	9.3	8.9	12.1	12.0	9.9	8.7	9.4	18.3	6.3	3.0
\$20,000 and over	100.0	0.0	1.1	3.2	6.4	8.6	13.0	13.6	11.4	8.0	22.0	7.3	5.4
Not classified	100.0	1.4	4.0	4.8	9.5	12.1	12.6	8.5	7.6	5.5	17.4	10.9	5.7
Nonmetropolitan:													
All households	100.0	1.6	4.9	8.5	8.8	11.9	9.9	10.1	7.7	7.5	16.8	6.8	5.4
Under \$5,000	100.0	2.1	6.6	6.7	9.4	11.5	9.1	10.0	5.1	8.1	15.5	6.8	9.1
\$5,000-\$9,999	100.0	1.9	3.8	11.0	8.5	11.3	9.7	10.1	8.3	6.9	19.0	4.0	5.5
\$10,000-\$14,999	100.0	2.0	7.1	9.8	9.1	11.6	7.8	11.4	8.8	6.4	15.6	5.4	4.9
\$15,000-\$19,999	100.0	1.4	4.9	8.7	6.9	15.0	16.2	10.1	8.2	6.9	14.2	3.1	4.3
\$20,000 and over	100.0	0.0	4.6	7.3	9.1	13.2	7.9	8.2	8.7	9.8	19.6	7.0	4.6
Not classified	100.0	2.1	3.5	7.6	9.3	10.3	9.9	10.9	6.9	6.8	16.1	12.0	4.4

¹ See "Table Notes"

UNITED STATES

By urbanization

Table 7.8.—Dietary levels—thiamin

Urbanization and money income before taxes in 1976	Specified percentage of Recommended Dietary Allowance (1974) ¹												
	All households	Less than 40	40-59	60-79	80-99	100-119	120-139	140-159	160-179	180-199	200-299	300-399	400 or more
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)
Percent of household diets													
All urbanizations:													
All households	100.0	0.3	1.1	3.7	7.3	11.9	13.0	13.8	12.2	9.4	21.0	4.4	2.0
Under \$5,000	100.0	0.7	1.4	4.4	3.4	10.9	11.2	11.1	12.2	7.8	25.7	7.7	3.5
\$5,000-\$9,999	100.0	0.4	1.5	3.2	7.8	12.8	10.5	13.3	13.2	10.0	22.3	3.2	1.8
\$10,000-\$14,999	100.0	0.0	1.0	3.9	9.1	11.3	12.2	15.9	10.6	9.4	18.9	6.5	1.3
\$15,000-\$19,999	100.0	0.0	1.0	3.3	9.9	11.1	16.8	16.3	13.0	9.3	15.6	2.8	1.0
\$20,000 and over	100.0	0.1	0.5	2.2	6.3	12.2	14.9	14.5	13.7	10.1	22.2	2.4	0.8
Not classified	100.0	0.3	1.5	5.1	7.6	12.3	12.7	12.0	10.8	9.3	20.6	4.5	3.5
Central city:													
All households	100.0	0.4	1.8	5.1	7.8	10.8	12.2	11.6	11.7	8.2	22.0	5.5	3.0
Under \$5,000	100.0	0.7	1.4	4.5	4.9	9.1	10.4	10.9	11.1	4.6	31.9	7.7	3.0
\$5,000-\$9,999	100.0	0.7	2.9	4.8	8.4	14.9	7.9	9.0	17.7	9.0	19.3	3.0	2.3
\$10,000-\$14,999	100.0	0.0	1.9	6.7	8.5	12.1	14.0	12.9	10.2	7.8	15.8	7.9	2.1
\$15,000-\$19,999	100.0	0.0	1.7	5.4	13.0	9.2	17.4	14.0	11.2	9.9	14.2	2.1	1.8
\$20,000 and over	100.0	0.0	2.0	1.5	8.6	8.7	13.2	11.4	12.7	14.1	22.8	3.6	1.3
Not classified	100.0	0.8	0.6	7.6	5.4	9.9	12.7	12.6	6.7	5.1	24.1	7.2	7.2

¹ See "Table Notes"

UNITED STATES

Table 7.8.—Dietary levels—thiamin—Continued

By urbanization

Urbanization and money income before taxes in 1976	Specified percentage of Recommended Dietary Allowance (1974) ¹												
	All households	Less than 40	40-59	60-79	80-99	100-119	120-139	140-159	160-179	180-199	200-299	300-399	400 or more
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)
Percent of household diets													
Suburban:													
All households	100.0	0.2	1.0	3.0	6.7	12.9	14.0	14.6	12.1	10.1	20.6	3.9	0.9
Under \$5,000	100.0	1.1	2.0	4.4	4.3	13.7	14.3	8.0	13.5	8.7	21.2	8.7	0.0
\$5,000-\$9,999	100.0	0.5	1.2	4.4	4.4	10.4	10.7	20.3	8.1	9.2	25.2	4.5	1.0
\$10,000-\$14,999	100.0	0.0	0.0	1.9	7.3	13.2	12.4	18.5	11.0	10.2	18.0	6.3	1.3
\$15,000-\$19,999	100.0	0.0	1.4	1.2	8.1	12.1	17.7	13.8	14.3	12.1	15.5	3.3	0.6
\$20,000 and over	100.0	0.0	0.0	2.7	5.9	13.8	15.4	14.1	13.5	9.8	22.7	1.7	0.4
Not classified	100.0	0.4	2.1	3.9	9.1	13.4	13.5	11.3	11.9	10.5	19.4	2.9	1.6
Nonmetropolitan:													
All households	100.0	0.2	0.7	3.1	7.5	11.7	12.5	14.7	12.9	9.7	20.6	4.0	2.2
Under \$5,000	100.0	0.5	1.1	4.4	1.0	11.4	10.2	13.3	12.7	11.1	20.9	7.2	6.3
\$5,000-\$9,999	100.0	0.0	0.4	0.8	10.2	12.9	12.7	10.9	13.6	11.7	22.5	2.3	2.0
\$10,000-\$14,999	100.0	0.0	1.0	3.3	11.6	8.3	10.0	16.2	10.6	10.2	23.0	5.2	0.6
\$15,000-\$19,999	100.0	0.0	0.0	3.8	9.6	11.5	15.2	20.9	13.1	5.5	16.8	2.9	0.6
\$20,000 and over	100.0	0.5	0.0	2.0	4.9	12.5	15.6	17.8	15.1	7.2	20.9	2.6	1.0
Not classified	100.0	0.0	1.6	4.4	7.6	12.8	11.8	12.1	12.5	11.0	19.3	4.1	2.7

¹ See "Table Notes"

UNITED STATES

By urbanization

Table 7.9.—Dietary levels—riboflavin

Urbanization and money income before taxes in 1976	Specified percentage of Recommended Dietary Allowance (1974) ¹												
	All house- holds	Less than 40	40-59	60-79	80-99	100-119	120-139	140-159	160-179	180-199	200-299	300-399	400 or more
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)
Percent of household diets													
All urbanizations:													
All households	100.0	0.1	0.5	2.0	2.9	6.7	10.5	11.4	11.9	11.1	31.0	8.4	3.5
Under \$5,000	100.0	0.4	1.4	3.3	3.3	6.5	9.7	9.9	10.2	9.6	27.7	11.7	6.3
\$5,000-\$9,999	100.0	0.2	0.4	2.9	3.9	5.0	13.0	11.6	11.5	10.5	30.4	7.6	3.0
\$10,000-\$14,999	100.0	0.0	0.5	1.1	3.2	6.3	10.9	12.4	13.5	9.6	31.2	8.3	2.9
\$15,000-\$19,999	100.0	0.0	0.2	2.2	2.6	6.3	9.5	14.7	11.9	15.2	28.7	7.0	1.6
\$20,000 and over	100.0	0.1	0.5	1.0	1.6	6.3	8.7	10.5	13.2	11.6	36.2	7.8	2.6
Not classified	100.0	0.0	0.2	2.1	2.8	9.2	10.8	10.4	10.8	10.8	29.7	8.6	4.6
Central city:													
All households	100.0	0.1	1.2	2.4	3.3	7.2	11.3	11.0	10.5	9.7	29.2	8.8	5.2
Under \$5,000	100.0	0.0	1.4	3.9	3.1	8.7	9.1	9.5	10.3	8.8	26.4	11.7	7.2
\$5,000-\$9,999	100.0	0.7	1.2	3.7	3.7	5.8	12.2	9.2	13.8	12.2	27.6	7.8	2.1
\$10,000-\$14,999	100.0	0.0	0.9	2.0	4.3	6.3	12.3	12.6	14.6	7.9	27.3	7.0	4.9
\$15,000-\$19,999	100.0	0.0	0.7	2.0	4.4	6.4	7.2	20.5	7.7	14.0	28.7	6.0	2.4
\$20,000 and over	100.0	0.0	2.0	1.0	2.1	8.9	11.0	5.6	11.2	11.3	35.3	8.2	3.7
Not classified	100.0	0.0	0.8	1.4	2.6	7.1	15.0	11.8	4.8	5.6	30.5	10.8	9.6

¹See "Table Notes"

UNITED STATES

Table 7.9.—Dietary levels—riboflavin—Continued

By urbanization

Urbanization and money income before taxes in 1976	Specified percentage of Recommended Dietary Allowance (1974) ¹												
	All households	Less than 40	40-59	60-79	80-99	100-119	120-139	140-159	160-179	180-199	200-299	300-399	400 or more
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)
Percent of household diets													
Suburban:													
All households	100.0	0.0	0.2	2.0	1.8	6.1	9.6	12.2	12.0	11.7	33.2	8.8	2.5
Under \$5,000	100.0	0.0	2.8	3.7	3.4	4.2	11.4	11.9	8.7	6.8	32.8	9.7	4.6
\$5,000-\$9,999	100.0	0.0	0.0	3.1	1.9	5.4	11.9	14.9	6.7	9.9	33.0	8.6	4.6
\$10,000-\$14,999	100.0	0.0	0.0	0.8	1.5	6.8	11.6	10.9	12.8	12.0	32.1	9.3	2.3
\$15,000-\$19,999	100.0	0.0	0.0	2.2	0.0	4.4	11.9	12.9	11.5	15.2	33.2	8.0	0.6
\$20,000 and over	100.0	0.0	0.0	1.2	1.7	5.6	5.8	11.9	15.1	11.0	37.3	8.8	1.6
Not classified	100.0	0.0	0.0	2.5	2.4	8.6	9.0	10.9	13.2	13.3	29.1	8.4	2.5
Nonmetropolitan:													
All households	100.0	0.2	0.2	1.7	3.6	6.9	10.6	11.0	12.9	11.8	30.1	7.8	3.1
Under \$5,000	100.0	1.0	0.5	2.3	3.5	5.4	9.2	9.2	11.0	12.2	26.0	13.1	6.3
\$5,000-\$9,999	100.0	0.0	0.0	2.0	5.8	4.1	14.8	10.8	13.6	9.5	30.6	6.5	2.4
\$10,000-\$14,999	100.0	0.0	0.5	0.5	4.1	5.9	8.7	14.0	13.3	8.7	34.1	8.5	1.6
\$15,000-\$19,999	100.0	0.0	0.0	2.3	4.2	8.5	8.6	12.2	15.8	16.2	23.5	6.6	2.1
\$20,000 and over	100.0	0.5	0.0	0.6	0.9	5.5	11.5	12.4	11.5	13.1	35.1	5.6	3.2
Not classified	100.0	0.0	0.0	2.2	3.3	11.3	9.6	8.8	12.8	12.1	29.7	7.3	3.0

¹ See "Table Notes"

UNITED STATES

By urbanization

Table 7.10.—Dietary levels—vitamin B₆

Urbanization and money income before taxes in 1976	Specified percentage of Recommended Dietary Allowance (1974) ¹												
	All households	Less than 40	40-59	60-79	80-99	100-119	120-139	140-159	160-179	180-199	200-299	300-399	400 or more
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)
Percent of household diets													
All urbanizations:													
All households	100.0	1.2	3.9	11.4	17.7	19.0	15.4	11.7	6.7	4.2	7.7	1.1	0.2
Under \$5,000	100.0	3.3	8.5	10.7	18.2	13.6	14.6	9.9	7.0	3.6	8.7	1.6	0.3
\$5,000-\$9,999	100.0	1.3	4.8	13.3	17.3	18.4	16.0	11.7	5.6	3.5	6.9	1.1	0.0
\$10,000-\$14,999	100.0	0.9	3.9	13.5	15.0	18.0	15.6	11.3	8.0	3.9	9.1	0.8	0.0
\$15,000-\$19,999	100.0	0.3	3.3	9.9	19.3	24.0	14.5	13.4	5.4	6.1	3.4	0.5	0.0
\$20,000 and over	100.0	0.5	1.2	6.9	17.7	22.0	16.2	11.9	8.7	5.0	8.8	0.9	0.3
Not classified	100.0	0.9	3.3	13.9	18.7	17.7	14.8	12.0	5.1	3.5	8.0	1.5	0.8
Central city:													
All households	100.0	2.1	4.2	11.1	16.2	15.9	15.3	11.7	6.6	5.1	9.7	1.6	0.6
Under \$5,000	100.0	3.4	5.5	10.0	13.3	14.1	14.1	9.6	9.5	4.3	13.8	2.5	0.0
\$5,000-\$9,999	100.0	3.1	4.8	14.9	16.7	13.7	16.4	12.2	5.5	4.8	7.2	0.6	0.0
\$10,000-\$14,999	100.0	2.3	4.0	12.3	13.2	18.4	13.6	12.2	8.9	3.5	11.5	0.0	0.0
\$15,000-\$19,999	100.0	0.0	6.3	7.8	20.1	22.6	11.7	20.1	1.7	3.2	4.7	1.7	0.0
\$20,000 and over	100.0	1.4	2.7	6.7	13.0	13.1	22.0	13.6	8.9	9.4	7.2	1.3	0.7
Not classified	100.0	1.4	2.2	12.9	22.2	16.0	13.1	5.8	3.5	5.0	11.6	3.5	2.9

¹See "Table Notes"

Table 7.10.—Dietary levels—vitamin B₆—Continued

UNITED STATES

By urbanization

Urbanization and money income before taxes in 1976	Specified percentage of Recommended Dietary Allowance (1974) ¹												
	All households	Less than 40	40-59	60-79	80-99	100-119	120-139	140-159	160-179	180-199	200-299	300-399	400 or more
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)
Percent of household diets													
Suburban:													
All households	100.0	0.8	3.3	10.4	17.7	19.8	15.2	13.6	6.3	4.1	8.1	0.8	0.0
Under \$5,000	100.0	5.7	12.7	10.1	16.5	11.0	15.1	15.0	3.1	4.4	6.4	0.0	0.0
\$5,000-\$9,999	100.0	0.0	4.3	11.2	18.0	20.1	14.8	13.5	5.2	2.4	9.0	1.4	0.0
\$10,000-\$14,999	100.0	0.0	2.8	13.9	19.1	13.6	19.4	11.2	6.4	4.0	8.2	1.4	0.0
\$15,000-\$19,999	100.0	0.7	0.7	9.6	13.8	25.6	16.1	15.7	6.3	8.4	3.1	0.0	0.0
\$20,000 and over	100.0	0.0	1.1	6.7	19.9	22.1	13.5	11.6	9.4	4.4	10.3	0.9	0.0
Not classified	100.0	1.1	3.4	12.7	16.5	21.0	14.1	15.9	4.5	2.2	8.2	0.4	0.0
Nonmetropolitan:													
All households	100.0	0.7	4.5	12.7	19.0	20.9	15.6	9.6	7.1	3.5	5.4	0.9	0.2
Under \$5,000	100.0	1.6	9.5	12.0	25.0	14.7	15.0	7.2	6.3	2.2	4.1	1.6	0.7
\$5,000-\$9,999	100.0	0.9	5.1	13.6	17.2	21.2	16.8	9.7	5.9	3.4	4.8	1.3	0.0
\$10,000-\$14,999	100.0	0.5	5.1	14.1	12.2	22.5	13.5	10.3	9.0	4.1	7.6	1.1	0.0
\$15,000-\$19,999	100.0	0.0	3.8	12.0	24.9	23.4	14.7	5.2	7.3	6.0	2.6	0.0	0.0
\$20,000 and over	100.0	0.5	0.0	7.5	17.9	29.3	15.8	10.8	7.5	2.3	7.6	0.4	0.4
Not classified	100.0	0.5	3.8	15.9	18.4	15.7	16.6	12.5	6.8	3.7	5.1	1.1	0.0

¹See "Table Notes"

UNITED STATES

By urbanization

Table 7.11.—Dietary levels—vitamin B₁₂

Urbanization and money income before taxes in 1976	Specified percentage of Recommended Dietary Allowance (1974) ¹												
	All households	Less than 40	40-59	60-79	80-99	100-119	120-139	140-159	160-179	180-199	200-299	300-399	400 or more
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)
Percent of household diets													
All urbanizations:													
All households	100.0	0.8	2.0	3.9	5.9	9.5	11.0	10.1	9.9	8.7	22.1	7.7	8.4
Under \$5,000	100.0	3.4	2.4	7.7	7.6	8.8	11.9	7.1	7.0	6.0	22.1	8.4	7.5
\$5,000-\$9,999	100.0	0.7	3.6	4.9	7.9	11.4	9.9	10.7	8.3	8.7	18.8	5.8	9.2
\$10,000-\$14,999	100.0	0.3	1.9	3.3	4.7	9.5	10.5	12.1	11.0	8.3	22.3	7.4	8.7
\$15,000-\$19,999	100.0	0.3	1.0	1.6	5.6	7.8	11.0	11.6	8.8	11.9	25.3	8.0	7.0
\$20,000 and over	100.0	0.1	0.4	1.6	3.2	8.2	9.1	11.3	12.1	12.4	23.8	9.6	8.2
Not classified	100.0	0.6	2.5	4.4	6.6	10.6	13.6	8.2	10.7	5.3	21.0	7.0	9.3
Central city:													
All households	100.0	1.3	2.1	5.0	5.6	10.5	9.4	10.3	9.0	6.8	20.7	8.9	10.5
Under \$5,000	100.0	4.2	1.1	7.5	7.8	8.8	11.0	7.6	5.1	5.4	20.8	11.1	9.6
\$5,000-\$9,999	100.0	1.1	4.2	7.7	8.3	12.2	6.6	9.4	6.2	9.8	17.9	8.1	8.4
\$10,000-\$14,999	100.0	0.9	2.4	5.2	3.9	10.8	8.6	13.4	10.6	6.1	22.6	6.6	9.0
\$15,000-\$19,999	100.0	0.0	0.7	2.3	4.1	10.3	14.1	10.6	10.4	8.9	20.2	7.7	10.6
\$20,000 and over	100.0	0.0	1.0	2.6	2.6	8.0	6.2	15.0	12.0	8.0	25.6	10.3	8.8
Not classified	100.0	0.4	2.6	3.3	5.3	12.7	11.3	6.7	11.0	3.3	17.7	9.1	16.5

¹See "Table Notes"

Table 7.11.—Dietary levels—vitamin B₁₂—Continued

UNITED STATES

By urbanization

Urbanization and money income before taxes in 1976	Specified percentage of Recommended Dietary Allowance (1974) ¹												
	All households	Less than 40	40-59	60-79	80-99	100-119	120-139	140-159	160-179	180-199	200-299	300-399	400 or more
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)
Percent of household diets													
Suburban:													
All households	100.0	0.8	1.2	2.1	5.5	7.4	11.1	10.0	10.3	10.2	25.9	7.5	8.1
Under \$5,000	100.0	4.8	5.8	6.3	6.2	4.2	11.2	4.5	6.6	5.0	33.2	5.6	6.6
\$5,000-\$9,999	100.0	0.0	1.5	1.8	6.5	9.4	11.3	12.1	10.1	8.0	19.5	5.5	14.3
\$10,000-\$14,999	100.0	0.0	0.0	3.0	3.9	10.9	10.8	12.7	9.1	9.7	25.3	7.8	6.9
\$15,000-\$19,999	100.0	0.8	0.7	0.7	6.9	4.3	9.3	9.8	6.8	16.1	29.5	8.9	5.9
\$20,000 and over	100.0	0.0	0.3	0.9	3.3	6.6	8.4	9.7	13.7	12.8	26.5	10.3	7.5
Not classified	100.0	1.4	1.3	2.3	7.4	7.7	15.8	9.0	10.7	6.9	25.1	4.9	7.4
Nonmetropolitan:													
All households	100.0	0.5	2.8	4.7	6.6	10.8	12.3	10.2	10.2	9.0	19.2	6.8	6.8
Under \$5,000	100.0	1.5	2.0	8.7	8.3	11.8	13.4	8.1	9.7	7.3	16.9	6.9	5.5
\$5,000-\$9,999	100.0	0.9	5.1	5.3	8.9	12.4	11.8	10.6	8.7	8.3	18.9	4.0	5.3
\$10,000-\$14,999	100.0	0.0	3.6	1.6	6.4	6.6	12.2	10.1	13.6	9.1	18.8	7.7	10.3
\$15,000-\$19,999	100.0	0.0	1.6	1.9	5.3	9.8	10.4	14.4	9.8	9.4	24.6	7.3	5.4
\$20,000 and over	100.0	0.5	0.0	1.9	3.4	10.9	12.7	10.8	9.4	15.6	17.9	7.9	8.9
Not classified	100.0	0.0	3.6	7.4	6.8	12.0	13.1	8.6	10.5	5.2	19.3	7.6	5.9

¹See "Table Notes"

UNITED STATES

By urbanization

Table 7.12.—Dietary levels—ascorbic acid

Urbanization and money income before taxes in 1976	Specified percentage of Recommended Dietary Allowance (1974) ¹												
	All households	Less than 40	40-59	60-79	80-99	100-119	120-139	140-159	160-179	180-199	200-299	300-399	400 or more
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)
Percent of household diets													
All urbanizations:													
All households	100.0	1.2	1.5	1.8	3.1	3.4	3.6	4.1	5.0	5.6	23.2	18.9	28.6
Under \$5,000	100.0	2.4	2.7	1.9	3.3	6.1	3.0	3.7	6.1	5.0	19.9	16.7	29.1
\$5,000-\$9,999	100.0	1.2	2.5	2.6	3.8	3.3	4.5	4.7	5.0	4.6	23.1	15.4	29.4
\$10,000-\$14,999	100.0	1.4	1.3	1.9	3.2	3.4	4.9	5.3	5.0	5.8	25.2	17.5	25.0
\$15,000-\$19,999	100.0	0.7	0.6	1.4	3.5	4.0	4.0	3.2	4.4	6.5	28.3	23.6	19.8
\$20,000 and over	100.0	0.7	0.3	1.0	1.9	2.3	2.5	3.1	3.6	5.2	23.1	24.1	32.1
Not classified	100.0	0.8	1.9	1.8	3.4	2.4	2.9	4.4	6.2	6.7	21.0	16.3	32.1
Central city:													
All households	100.0	1.8	1.7	1.6	3.8	2.5	2.4	4.2	3.8	5.8	19.9	18.4	34.1
Under \$5,000	100.0	3.1	1.4	0.5	4.3	4.0	2.3	3.0	4.7	4.8	17.9	17.7	36.4
\$5,000-\$9,999	100.0	3.1	3.6	1.8	4.3	2.5	3.5	5.8	4.1	6.0	17.4	13.1	34.7
\$10,000-\$14,999	100.0	1.1	1.7	2.0	4.0	1.1	2.9	4.9	2.9	7.3	23.4	19.7	28.9
\$15,000-\$19,999	100.0	1.4	0.7	2.3	2.0	5.4	3.4	3.6	5.6	3.7	27.4	18.6	26.0
\$20,000 and over	100.0	1.4	0.0	1.6	2.2	1.8	0.7	2.6	1.5	6.6	15.6	25.8	40.3
Not classified	100.0	0.0	2.4	1.7	4.8	1.1	1.8	5.3	4.1	5.7	20.6	16.7	35.9

¹See "Table Notes"

UNITED STATES

Table 7.12.—Dietary levels—ascorbic acid—Continued

By urbanization

Urbanization and money income before taxes in 1976	Specified percentage of Recommended Dietary Allowance (1974) ¹												
	All house- holds	Less than 40	40-59	60-79	80-99	100-119	120-139	140-159	160-179	180-199	200-299	300-399	400 or more
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)
Percent of household diets													
Suburban:													
All households	100.0	0.9	1.1	1.4	1.9	3.5	3.2	3.8	5.4	4.7	24.9	20.5	28.8
Under \$5,000	100.0	3.3	3.6	4.1	1.8	8.3	3.5	4.5	7.5	4.9	19.1	12.9	26.4
\$5,000-\$9,999	100.0	0.0	1.5	2.5	1.9	3.9	1.8	4.9	4.9	3.8	26.9	18.4	29.4
\$10,000-\$14,999	100.0	1.2	0.6	0.6	1.6	6.0	6.7	3.9	6.1	3.0	27.5	17.1	25.6
\$15,000-\$19,999	100.0	0.0	0.0	0.6	3.4	2.5	3.6	1.9	4.9	7.7	27.7	31.2	16.6
\$20,000 and over	100.0	0.6	0.3	0.4	1.2	1.9	1.7	2.8	4.0	3.2	25.5	25.7	32.6
Not classified	100.0	1.2	1.8	1.8	1.8	2.0	2.9	5.1	6.6	6.7	21.2	13.9	35.0
Nonmetropolitan:													
All households	100.0	1.0	1.8	2.3	3.9	4.2	5.0	4.3	5.8	6.4	24.4	17.6	23.2
Under \$5,000	100.0	1.1	3.7	2.1	3.1	7.2	3.3	4.0	7.0	5.4	23.0	18.0	22.1
\$5,000-\$9,999	100.0	0.4	2.3	3.3	4.9	3.6	7.8	3.5	5.8	4.0	24.9	14.7	24.7
\$10,000-\$14,999	100.0	1.9	1.7	3.3	4.1	2.8	4.8	7.4	6.0	7.2	24.5	15.8	20.3
\$15,000-\$19,999	100.0	0.9	1.1	1.5	5.0	4.7	5.0	4.3	2.8	7.5	29.7	19.0	18.5
\$20,000 and over	100.0	0.4	0.5	1.5	2.7	3.5	5.3	4.1	4.9	7.4	25.5	20.1	24.1
Not classified	100.0	1.2	1.7	1.9	3.9	3.7	3.7	3.1	7.4	7.4	20.9	18.5	26.5

¹See "Table Notes"

UNITED STATES

By urbanization

Table 7.13.—Dietary levels—lowest of seven nutrients¹

Urbanization and money income before taxes in 1976	Specified percentage of Recommended Dietary Allowance (1974) ¹												
	All households	Less than 40	40-59	60-79	80-99	100-119	120-139	140-159	160-179	180-199	200-299	300-399	400 or more
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)
Percent of household diets													
All urbanizations:													
All households	100.0	3.6	8.8	14.3	18.3	18.2	13.4	9.0	5.4	3.8	4.3	0.6	0.2
Under \$5,000	100.0	7.0	13.2	13.5	15.7	16.6	9.7	7.3	6.3	3.3	6.1	1.0	0.2
\$5,000-\$9,999	100.0	4.7	9.8	15.1	19.8	15.8	14.4	8.1	4.7	3.6	3.9	0.1	0.0
\$10,000-\$14,999	100.0	2.8	8.7	15.6	19.4	17.5	12.1	8.9	4.9	5.1	4.5	0.4	0.0
\$15,000-\$19,999	100.0	2.1	9.6	14.4	18.7	21.9	14.8	7.9	5.5	1.9	2.7	0.5	0.0
\$20,000 and over	100.0	1.3	5.1	11.1	18.2	20.8	15.2	12.6	6.6	4.4	3.7	0.8	0.2
Not classified	100.0	3.8	8.3	16.2	17.9	17.1	13.5	8.2	4.7	3.8	4.6	0.9	0.9
Central city:													
All households	100.0	5.6	9.9	12.5	17.6	16.4	12.6	9.0	6.2	3.6	4.9	1.1	0.7
Under \$5,000	100.0	8.3	11.7	16.7	11.6	15.1	9.5	8.2	9.5	2.2	5.4	1.6	0.0
\$5,000-\$9,999	100.0	6.3	10.9	12.8	22.1	15.3	11.2	7.6	6.4	2.9	4.5	0.0	0.0
\$10,000-\$14,999	100.0	4.3	9.1	10.7	21.4	18.3	12.4	7.3	5.7	5.3	4.8	0.7	0.0
\$15,000-\$19,999	100.0	4.0	12.7	11.2	19.1	20.8	11.6	7.5	6.1	3.8	3.0	0.0	0.0
\$20,000 and over	100.0	4.3	6.5	8.8	16.6	13.5	17.7	18.2	6.0	4.5	1.1	2.1	0.7
Not classified	100.0	5.5	8.7	13.2	15.5	16.9	13.7	5.9	2.8	3.3	9.4	1.9	3.4

¹See "Table Notes"

Table 7.13.—Dietary levels—lowest of seven nutrients¹—
Continued

UNITED STATES

By urbanization

Urbanization and money income before taxes in 1976	Specified percentage of Recommended Dietary Allowance (1974) ¹												
	All households	Less than 40	40-59	60-79	80-99	100-119	120-139	140-159	160-179	180-199	200-299	300-399	400 or more
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)
Percent of household diets													
Suburban:													
All households	100.0	2.2	7.6	14.6	18.2	19.4	14.2	9.4	6.2	3.7	4.2	0.2	0.0
Under \$5,000	100.0	8.4	17.0	12.2	17.2	15.2	8.1	7.2	3.0	4.2	7.5	0.0	0.0
\$5,000-\$9,999	100.0	3.6	8.7	14.5	20.1	13.9	18.2	8.9	5.9	2.7	3.5	0.0	0.0
\$10,000-\$14,999	100.0	1.4	8.0	18.9	15.6	19.2	12.9	6.8	4.9	5.9	6.5	0.0	0.0
\$15,000-\$19,999	100.0	0.0	6.6	18.4	19.3	20.4	16.8	8.7	5.5	1.2	3.0	0.0	0.0
\$20,000 and over	100.0	0.3	2.4	10.9	17.7	25.7	13.5	11.5	8.1	5.0	4.5	0.3	0.0
Not classified	100.0	3.2	10.0	14.7	19.0	16.8	14.0	10.2	6.5	2.8	2.1	0.7	0.0
Nonmetropolitan:													
All households	100.0	3.1	9.2	15.6	19.2	18.6	13.2	8.6	4.0	4.0	3.7	0.6	0.1
Under \$5,000	100.0	4.7	12.8	10.3	19.8	19.3	10.9	6.3	4.4	4.1	6.0	0.9	0.6
\$5,000-\$9,999	100.0	4.4	9.7	17.6	17.3	18.1	13.8	7.8	2.2	5.1	3.7	0.4	0.0
\$10,000-\$14,999	100.0	3.0	8.9	17.1	21.4	14.9	10.8	13.0	4.2	4.2	2.0	0.6	0.0
\$15,000-\$19,999	100.0	3.0	10.4	12.3	17.7	24.5	15.2	7.3	4.9	1.1	2.2	1.5	0.0
\$20,000 and over	100.0	0.5	8.6	13.4	20.6	18.7	15.8	9.6	4.5	3.2	4.5	0.5	0.0
Not classified	100.0	3.3	6.4	19.9	18.6	17.6	12.8	7.8	4.3	5.2	3.7	0.3	0.0

¹See "Table Notes"

Table 8.—Diet quality

UNITED STATES

All urbanizations

Money income before taxes in 1976	Household diets providing specified percent of Recommended Dietary Allowances (1974) ¹						
	Food energy	All seven specified nutrients ¹	Protein	Calcium	Iron	Magne- sium	Phos- phorus
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
100 percent or more of the RDA							
All households	76.7	55.0	97.5	67.1	84.4	75.1	95.9
Under \$5,000	74.8	50.5	93.8	62.3	84.9	69.3	92.0
\$5,000-\$9,999	74.5	50.7	96.6	62.5	81.6	72.3	94.1
\$10,000-\$14,999	75.8	53.5	98.1	67.8	83.0	75.1	97.3
\$15,000-\$19,999	77.3	55.2	98.3	67.6	84.1	76.9	97.2
\$20,000 and over	81.7	64.2	99.4	74.1	87.7	81.6	98.5
Not classified	75.4	53.7	98.0	66.7	84.3	73.8	95.5
80 percent or more of the RDA							
All households	89.9	73.3	99.1	82.0	93.8	88.6	98.3
Under \$5,000	86.1	66.3	97.3	75.4	92.9	85.1	96.3
\$5,000-\$9,999	87.4	70.4	99.1	79.2	91.8	85.1	97.7
\$10,000-\$14,999	88.9	72.9	99.6	85.1	92.3	89.0	98.4
\$15,000-\$19,999	92.5	73.9	99.7	83.6	93.4	91.1	98.9
\$20,000 and over	94.3	82.4	99.4	87.6	96.1	93.3	99.2
Not classified	89.6	71.6	99.4	80.1	95.2	87.4	98.9
60 percent or more of the RDA							
All households	97.3	87.6	99.6	92.6	98.4	96.5	99.6
Under \$5,000	95.0	79.7	98.3	87.4	97.4	94.5	98.6
\$5,000-\$9,999	96.5	85.5	99.8	91.3	97.4	95.9	99.5
\$10,000-\$14,999	98.2	88.5	99.7	94.4	98.4	97.2	99.5
\$15,000-\$19,999	98.3	88.3	100.0	92.8	98.6	96.6	100.0
\$20,000 and over	98.4	93.5	99.9	95.7	99.2	98.4	99.9
Not classified	97.2	87.9	99.8	92.6	99.2	95.7	100.0

¹ See "Table Notes"

UNITED STATES

All urbanizations

Table 8.—Diet quality—Continued

Money income before taxes in 1976	Household diets providing specified percent of Recommended Dietary Allowances (1974) ¹					
	Vitamin A	Thiamin	Ribo- flavin	Vitamin B ₆	Vitamin B ₁₂	Ascorbic acid
(1)	(9)	(10)	(11)	(12)	(13)	(14)
	100 percent or more of the RDA					
All households	80.4	87.6	94.6	65.9	87.8	93.1
Under \$5,000	78.0	90.1	91.8	59.3	79.5	90.7
\$5,000-\$9,999	78.6	87.1	93.1	63.3	82.9	90.9
\$10,000-\$14,999	77.9	86.1	95.2	66.7	89.8	93.0
\$15,000-\$19,999	78.8	85.8	95.0	67.5	91.8	94.0
\$20,000 and over	86.5	90.9	96.8	73.7	94.8	96.5
Not classified	80.5	85.5	94.9	63.2	86.6	92.5
	80 percent or more of the RDA					
All households	88.0	94.9	97.5	83.6	93.6	96.0
Under \$5,000	84.6	93.4	95.1	77.5	87.0	93.8
\$5,000-\$9,999	86.9	94.9	97.0	80.6	90.9	94.6
\$10,000-\$14,999	86.4	95.1	98.5	81.7	94.5	95.9
\$15,000-\$19,999	86.6	95.7	97.6	86.7	97.4	97.4
\$20,000 and over	92.6	97.1	98.4	91.4	98.0	98.2
Not classified	88.8	93.1	97.7	81.9	92.8	95.9
	60 percent or more of the RDA					
All households	94.6	98.6	99.4	94.9	97.4	97.7
Under \$5,000	91.0	97.9	98.4	88.2	94.5	95.4
\$5,000-\$9,999	94.5	98.1	99.4	93.9	95.8	97.1
\$10,000-\$14,999	94.0	99.0	99.5	95.2	97.8	97.6
\$15,000-\$19,999	95.9	99.0	99.8	96.7	99.0	98.7
\$20,000 and over	96.9	99.4	99.4	98.3	99.5	99.2
Not classified	94.6	98.2	99.8	95.8	97.3	97.7

¹See "Table Notes"

UNITED STATES

Central city

Table 8.—Diet quality

Money income before taxes in 1976	Household diets providing specified percent of Recommended Dietary Allowances (1974) ¹						
	Food energy	All seven specified nutrients ¹	Protein	Calcium	Iron	Magne- sium	Phos- phorus
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
100 percent or more of the RDA							
All households	73.8	54.5	96.2	64.6	83.6	73.7	93.5
Under \$5,000	73.0	51.8	92.4	57.8	86.0	69.6	91.1
\$5,000-\$9,999	74.3	48.0	95.5	61.1	80.7	71.5	91.6
\$10,000-\$14,999	72.6	54.5	96.8	67.7	82.4	75.0	94.8
\$15,000-\$19,999	72.9	52.9	97.0	63.7	82.7	78.8	95.0
\$20,000 and over	76.5	63.9	98.0	68.9	87.1	77.2	96.3
Not classified	73.5	57.1	98.6	69.8	82.6	73.0	93.4
80 percent or more of the RDA							
All households	86.9	72.1	98.7	79.1	92.3	86.1	96.9
Under \$5,000	85.4	63.4	97.9	69.4	93.2	82.1	96.1
\$5,000-\$9,999	85.7	70.1	98.4	76.5	89.7	84.8	96.3
\$10,000-\$14,999	88.4	75.9	99.2	85.0	90.8	87.8	96.6
\$15,000-\$19,999	87.8	72.0	100.0	80.7	92.0	88.6	96.0
\$20,000 and over	88.6	80.4	98.0	82.8	95.6	87.8	98.6
Not classified	86.5	72.6	99.4	82.3	92.6	87.0	98.1
60 percent or more of the RDA							
All households	95.3	84.5	99.5	88.9	97.6	94.4	99.3
Under \$5,000	93.4	80.1	98.6	84.4	98.2	95.1	98.6
\$5,000-\$9,999	93.6	82.9	99.3	88.4	95.9	92.9	98.6
\$10,000-\$14,999	97.2	86.6	99.2	90.5	96.9	94.0	99.1
\$15,000-\$19,999	95.0	83.3	100.0	88.2	96.9	94.6	100.0
\$20,000 and over	97.0	89.2	100.0	90.2	98.6	94.7	100.0
Not classified	96.3	85.9	100.0	92.4	98.9	94.9	100.0

¹ See "Table Notes"

UNITED STATES

Table 8.—Diet quality—Continued

Central city

Money income before taxes in 1976	Household diets providing specified percent of Recommended Dietary Allowances (1974) ¹					
	Vitamin A	Thiamin	Ribo- flavin	Vitamin B ₆	Vitamin B ₁₂	Ascorbic acid
(1)	(9)	(10)	(11)	(12)	(13)	(14)
	100 percent or more of the RDA					
All households	82.2	84.9	93.0	66.5	86.2	92.5
Under \$5,000	80.2	88.5	91.6	67.8	80.1	92.2
\$5,000-\$9,999	79.4	83.1	90.7	60.4	78.7	89.5
\$10,000-\$14,999	80.5	82.9	92.9	68.2	87.6	93.2
\$15,000-\$19,999	78.6	79.9	92.9	66.7	92.9	93.6
\$20,000 and over	89.6	87.8	94.9	76.3	93.8	95.3
Not classified	84.6	85.6	95.2	61.4	88.4	91.9
	80 percent or more of the RDA					
All households	88.8	92.7	96.3	82.8	91.7	95.9
Under \$5,000	84.3	93.4	94.8	81.1	87.6	95.8
\$5,000-\$9,999	88.5	91.5	94.4	77.1	87.0	93.8
\$10,000-\$14,999	92.2	91.4	97.1	81.4	91.6	96.5
\$15,000-\$19,999	85.7	92.9	97.3	86.8	97.0	95.7
\$20,000 and over	91.8	96.4	97.0	89.2	96.4	97.0
Not classified	90.2	91.0	97.8	83.5	93.7	96.7
	60 percent or more of the RDA					
All households	94.9	97.8	98.7	93.8	96.7	97.3
Under \$5,000	93.1	97.9	98.6	91.1	95.1	96.3
\$5,000-\$9,999	94.8	96.3	98.1	92.0	94.7	95.6
\$10,000-\$14,999	96.6	98.1	99.1	93.7	96.7	97.8
\$15,000-\$19,999	95.6	98.3	99.3	94.6	99.3	97.9
\$20,000 and over	94.6	98.0	98.0	95.9	99.0	98.6
Not classified	95.1	98.6	99.2	96.4	97.0	98.4

¹ See "Table Notes"

Table 8.—Diet quality

UNITED STATES

Suburban

Money income before taxes in 1976	Household diets providing specified percent of Recommended Dietary Allowances (1974) ¹						
	Food energy	All seven specified nutrients ¹	Protein	Calcium	Iron	Magne- sium	Phos- phorus
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
100 percent or more of the RDA							
All households	78.2	57.4	98.9	70.1	84.5	77.9	97.5
Under \$5,000	73.3	45.3	92.3	65.0	74.8	62.9	90.1
\$5,000-\$9,999	73.9	53.1	99.6	64.2	81.8	75.6	98.0
\$10,000-\$14,999	77.6	56.1	100.0	69.0	82.1	77.7	99.2
\$15,000-\$19,999	82.2	55.7	100.0	66.9	88.0	81.6	99.3
\$20,000 and over	82.7	68.6	100.0	79.9	88.0	84.6	99.3
Not classified	75.3	53.1	98.4	67.0	85.6	74.9	95.3
80 percent or more of the RDA							
All households	92.1	75.6	99.5	84.2	94.9	90.7	99.0
Under \$5,000	83.4	62.5	93.7	78.3	89.9	82.9	92.3
\$5,000-\$9,999	89.5	73.2	100.0	82.2	93.4	85.7	99.6
\$10,000-\$14,999	90.0	71.7	100.0	83.0	93.0	92.5	100.0
\$15,000-\$19,999	95.9	75.0	100.0	83.7	96.4	94.9	100.0
\$20,000 and over	96.5	86.3	100.0	90.8	95.8	95.6	99.7
Not classified	90.7	72.1	100.0	80.7	97.4	87.2	99.2
60 percent or more of the RDA							
All households	98.3	90.2	99.7	94.5	98.8	97.4	99.7
Under \$5,000	92.6	74.6	96.0	88.5	94.3	90.3	97.0
\$5,000-\$9,999	96.9	87.6	100.0	94.2	97.5	97.9	100.0
\$10,000-\$14,999	99.5	90.6	100.0	95.5	99.4	99.2	100.0
\$15,000-\$19,999	100.0	93.4	100.0	95.4	100.0	97.6	100.0
\$20,000 and over	99.2	97.3	100.0	98.6	100.0	99.7	100.0
Not classified	98.4	86.9	100.0	90.4	98.9	95.5	100.0

¹See "Table Notes"

UNITED STATES

Suburban

Table 8.—Diet quality—Continued

Money income before taxes in 1976	Household diets providing specified percent of Recommended Dietary Allowances (1974) ¹					
	Vitamin A	Thiamin	Ribo- flavin	Vitamin B ₆	Vitamin B ₁₂	Ascorbic acid
(1)	(9)	(10)	(11)	(12)	(13)	(14)
100 percent or more of the RDA						
All households	82.8	89.0	96.2	67.8	91.0	95.2
Under \$5,000	77.4	88.2	90.0	55.0	77.7	88.2
\$5,000-\$9,999	82.3	89.4	96.5	66.5	90.2	94.6
\$10,000-\$14,999	80.8	90.8	97.7	64.2	93.1	96.5
\$15,000-\$19,999	79.8	89.3	97.8	75.2	91.6	95.9
\$20,000 and over	89.2	91.4	97.2	72.2	95.4	97.7
Not classified	80.6	84.5	95.1	66.3	89.3	93.9
80 percent or more of the RDA						
All households	90.1	95.8	98.0	85.5	96.3	97.0
Under \$5,000	84.5	92.5	93.5	71.5	83.9	90.1
\$5,000-\$9,999	89.3	93.9	98.4	84.5	96.7	96.0
\$10,000-\$14,999	86.0	98.1	99.2	83.3	97.0	98.1
\$15,000-\$19,999	88.6	97.4	97.8	89.0	98.5	99.4
\$20,000 and over	95.7	97.3	98.8	92.2	98.8	99.0
Not classified	89.8	93.7	97.5	82.8	95.6	95.7
60 percent or more of the RDA						
All households	95.3	98.8	99.8	95.9	98.3	98.4
Under \$5,000	85.6	96.9	97.2	81.6	90.2	94.2
\$5,000-\$9,999	94.3	98.2	100.0	95.7	98.5	98.5
\$10,000-\$14,999	94.3	100.0	100.0	97.2	100.0	98.7
\$15,000-\$19,999	97.9	98.6	100.0	98.5	99.3	100.0
\$20,000 and over	98.9	100.0	100.0	98.9	99.7	99.4
Not classified	94.6	97.6	100.0	95.5	97.9	97.4

¹See "Table Notes"

UNITED STATES

Nonmetropolitan

Table 8.—Diet quality

Money income before taxes in 1976	Household diets providing specified percent of Recommended Dietary Allowances (1974) ¹						
	Food energy	All seven specified nutrients ¹	Protein	Calcium	Iron	Magne- sium	Phos- phorus
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
100 percent or more of the RDA							
All households	77.8	52.9	97.0	66.2	84.9	73.2	96.2
Under \$5,000	78.0	52.4	96.3	66.0	89.8	72.8	94.2
\$5,000-\$9,999	75.2	51.0	94.9	62.4	82.3	70.0	92.9
\$10,000-\$14,999	77.0	49.6	97.2	66.7	84.5	72.3	97.7
\$15,000-\$19,999	75.1	56.6	97.4	71.8	80.8	69.9	96.5
\$20,000 and over	84.3	56.9	99.5	68.6	87.8	80.3	99.0
Not classified	76.8	51.8	97.0	64.1	84.1	73.1	97.2
80 percent or more of the RDA							
All households	90.4	72.0	99.1	82.3	93.9	88.5	98.8
Under \$5,000	88.8	72.2	98.8	80.9	94.5	90.0	99.0
\$5,000-\$9,999	87.1	68.3	99.0	78.9	92.3	84.8	97.4
\$10,000-\$14,999	88.1	71.1	99.5	87.4	93.0	86.3	98.5
\$15,000-\$19,999	92.3	74.3	99.0	85.9	91.2	88.9	100.0
\$20,000 and over	95.5	77.5	99.5	86.0	96.9	94.0	99.0
Not classified	90.7	70.4	98.9	77.8	94.8	87.9	99.2
60 percent or more of the RDA							
All households	98.1	87.7	99.7	93.8	98.8	97.4	99.8
Under \$5,000	98.4	82.5	99.5	90.2	98.3	96.5	99.5
\$5,000-\$9,999	98.8	86.0	100.0	91.2	98.7	97.0	100.0
\$10,000-\$14,999	97.7	88.1	100.0	97.1	99.0	98.2	99.5
\$15,000-\$19,999	99.0	86.6	100.0	93.5	98.3	96.9	100.0
\$20,000 and over	98.3	90.9	99.5	95.4	98.5	99.5	99.5
Not classified	96.8	90.3	99.5	95.0	99.7	96.4	100.0

¹See "Table Notes"

Table 8.—Diet quality—Continued

UNITED STATES

Nonmetropolitan

Money income before taxes in 1976	Household diets providing specified percent of Recommended Dietary Allowances (1974) ¹					
	Vitamin A	Thiamin	Ribo- flavin	Vitamin B ₆	Vitamin B ₁₂	Ascorbic acid
(1)	(9)	(10)	(11)	(12)	(13)	(14)
100 percent or more of the RDA						
All households	76.2	88.5	94.4	63.2	85.7	91.3
Under \$5,000	75.7	93.0	93.1	51.9	80.0	90.5
\$5,000-\$9,999	74.7	88.6	92.2	63.1	80.3	89.0
\$10,000-\$14,999	72.0	84.1	94.9	68.0	88.3	88.9
\$15,000-\$19,999	78.0	86.6	93.5	59.3	91.1	92.1
\$20,000 and over	79.0	92.6	97.9	74.1	94.6	95.3
Not classified	77.5	86.4	94.5	61.4	82.5	91.6
80 percent or more of the RDA						
All households	85.0	96.0	98.0	82.2	92.3	95.1
Under \$5,000	85.2	94.0	96.6	76.9	88.3	93.6
\$5,000-\$9,999	83.2	98.8	98.0	80.4	89.2	93.9
\$10,000-\$14,999	81.0	95.6	99.0	80.3	94.7	93.0
\$15,000-\$19,999	84.9	96.2	97.7	84.1	96.4	96.5
\$20,000 and over	88.1	97.5	98.8	92.0	98.0	98.0
Not classified	86.7	94.1	97.8	79.8	89.4	95.6
60 percent or more of the RDA						
All households	93.5	99.1	99.7	94.9	96.9	97.3
Under \$5,000	91.9	98.4	99.0	88.9	96.5	95.2
\$5,000-\$9,999	94.3	99.6	100.0	93.9	94.5	97.3
\$10,000-\$14,999	90.8	99.0	99.5	94.4	96.4	96.3
\$15,000-\$19,999	93.7	100.0	100.0	96.2	98.4	98.0
\$20,000 and over	95.4	99.5	99.5	99.5	99.5	99.5
Not classified	94.3	98.4	100.0	95.7	96.7	97.5

¹ See "Table Notes"

UNITED STATES

Table 9.—Household diets by number of nutrients below
Recommended Dietary Allowances (1974)—seven nutrients¹

By urbanization

Urbanization and money income before taxes in 1976	Total house- holds (Number)	Households with diets short in one or more nutrient(s)		Percent of households with diets short in:							
		Number	Percent	One or more nutrient(s) ¹	One nutrient only	Two nutrients	Three nutrients	Four nutrients	Five nutrients	Six nutrients	Seven nutrients
(1)	(2)	(3)	(3a)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)
All urbanizations:											
All households	3,473	1,563	45.0	100.0	48.4	22.3	13.5	6.7	4.8	2.9	1.5
Under \$5,000	480	237	49.5	100.0	45.8	25.3	11.5	7.1	4.5	3.0	2.8
\$5,000-\$9,999	617	304	49.3	100.0	46.5	20.4	16.1	6.1	5.3	3.3	2.2
\$10,000-\$14,999	544	253	46.5	100.0	45.5	27.4	11.2	6.0	5.2	3.3	1.3
\$15,000-\$19,999	438	196	44.8	100.0	45.0	21.3	20.5	3.9	6.1	2.8	0.5
\$20,000 and over	697	250	35.8	100.0	57.1	17.8	10.9	8.9	3.0	1.9	0.5
Not classified	698	323	46.3	100.0	49.5	21.9	12.0	7.5	4.7	2.9	1.5
Central city:											
All households	1,054	480	45.5	100.0	44.6	22.0	15.2	7.2	5.1	3.1	2.7
Under \$5,000	204	98	48.2	100.0	41.8	25.0	14.2	8.6	4.6	1.4	4.3
\$5,000-\$9,999	199	104	52.0	100.0	46.0	19.2	15.9	6.5	5.4	3.2	3.7
\$10,000-\$14,999	178	81	45.5	100.0	39.3	34.3	9.2	3.7	5.2	6.4	1.8
\$15,000-\$19,999	120	57	47.1	100.0	38.0	21.2	25.7	3.6	4.9	4.9	1.6
\$20,000 and over	167	60	36.1	100.0	56.3	8.1	14.6	10.8	6.4	1.9	1.9
Not classified	186	80	42.9	100.0	47.6	20.6	14.4	9.9	4.3	1.3	1.8

¹ See "Table Notes"

Table 9.—Household diets by number of nutrients
below Recommended Dietary Allowances
(1974)—seven nutrients¹—Continued

UNITED STATES

By urbanization

Urbanization and money income before taxes in 1976	Total house- holds (Number)	Households with diets short in one or more nutrient(s)		Percent of households with diets short in:							
		Number	Percent	One or more nutrient(s) ¹	One nutrient only	Two nutrients	Three nutrients	Four nutrients	Five nutrients	Six nutrients	Seven nutrients
(1)	(2)	(3)	(3a)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)
Suburban:											
All households	1,255	535	42.6	100.0	52.9	21.8	12.0	6.5	4.6	1.6	0.5
Under \$5,000	106	58	54.7	100.0	47.1	23.0	8.1	8.5	7.3	3.5	2.5
\$5,000-\$9,999	196	92	46.9	100.0	48.9	22.2	18.3	6.9	2.5	1.1	0.0
\$10,000-\$14,999	192	84	43.9	100.0	53.4	21.9	13.2	5.1	6.5	0.0	0.0
\$15,000-\$19,999	170	75	44.3	100.0	53.7	23.0	14.0	4.4	3.2	1.7	0.0
\$20,000 and over	334	105	31.4	100.0	59.4	18.7	10.0	7.0	3.4	1.4	0.0
Not classified	257	120	46.9	100.0	52.4	22.9	8.7	6.9	5.7	2.5	1.1
Nonmetropolitan:											
All households	1,164	548	47.1	100.0	47.2	23.0	13.4	6.5	4.6	3.9	1.4
Under \$5,000	170	81	47.6	100.0	49.8	27.3	10.6	4.2	2.4	4.5	1.1
\$5,000-\$9,999	221	108	49.0	100.0	45.1	20.0	14.4	5.2	7.6	5.2	2.6
\$10,000-\$14,999	174	88	50.4	100.0	43.8	26.4	11.2	9.1	4.0	3.6	2.0
\$15,000-\$19,999	147	64	43.4	100.0	41.0	19.3	23.6	3.5	10.4	2.3	0.0
\$20,000 and over	196	85	43.1	100.0	54.7	23.7	9.4	9.9	0.0	2.3	0.0
Not classified	255	123	48.2	100.0	47.9	21.8	13.6	6.6	3.9	4.5	1.7

¹See "Table Notes"

UNITED STATES

All urbanizations

Table 10.1.—Milk, cream, cheese

Money income before taxes in 1976	Total (calcium equiv- alent) ¹	Milk (calcium equiv- alent) ¹	Cream, ice cream ¹	Cheese	Soup, mixtures ¹
(1)	(2)	(3)	(4)	(5)	(6)
Quantity per person in a week (pounds)					
All households	8,474	6,168	0.542	0.418	0.128
Under \$5,000	7,457	5,556	0.477	0.339	0.092
\$5,000-\$9,999	7,562	5,626	0.418	0.384	0.108
\$10,000-\$14,999	8,253	6,003	0.466	0.398	0.164
\$15,000-\$19,999	8,414	6,174	0.545	0.408	0.104
\$20,000 and over	9,783	7,091	0.660	0.469	0.157
Not classified	8,399	5,960	0.595	0.449	0.116
Money value per person in a week (dollars)					
All households	2,057	1,103	0.303	0.568	0.084
Under \$5,000	1,817	1,047	0.248	0.456	0.066
\$5,000-\$9,999	1,821	1,034	0.231	0.489	0.067
\$10,000-\$14,999	1,968	1,085	0.242	0.539	0.101
\$15,000-\$19,999	1,974	1,073	0.303	0.534	0.064
\$20,000 and over	2,396	1,236	0.397	0.661	0.101
Not classified	2,104	1,066	0.326	0.627	0.085
Households using in a week (percent)					
All households	99.3	96.4	64.1	83.3	24.7
Under \$5,000	98.0	91.7	53.1	69.7	17.2
\$5,000-\$9,999	99.2	95.8	54.6	78.7	20.4
\$10,000-\$14,999	99.8	97.4	61.9	88.1	28.2
\$15,000-\$19,999	100.0	98.5	72.7	88.5	26.0
\$20,000 and over	99.9	97.9	75.1	91.7	29.4
Not classified	99.1	96.3	65.4	81.1	25.3

¹See "Table Notes"

Table 10.1.—Milk, cream, cheese

UNITED STATES

Central city

Money income before taxes in 1976	Total (calcium equiv- alent) ¹	Milk (calcium equiv- alent) ¹	Cream, ice cream ¹	Cheese	Soup, mixtures ¹
(1)	(2)	(3)	(4)	(5)	(6)
Quantity per person in a week (pounds)					
All households	8.113	5.837	0.492	0.423	0.119
Under \$5,000	6.933	5.081	0.384	0.305	0.134
\$5,000-\$9,999	7.014	5.103	0.366	0.351	0.066
\$10,000-\$14,999	7.650	5.499	0.347	0.427	0.123
\$15,000-\$19,999	8.393	6.155	0.607	0.402	0.211
\$20,000 and over	9.235	6.633	0.610	0.508	0.088
Not classified	9.204	6.421	0.641	0.512	0.118
Money value per person in a week (dollars)					
All households	2.048	1.076	0.290	0.597	0.084
Under \$5,000	1.759	1.008	0.210	0.448	0.093
\$5,000-\$9,999	1.733	0.970	0.209	0.507	0.048
\$10,000-\$14,999	1.863	1.022	0.188	0.576	0.078
\$15,000-\$19,999	2.150	1.132	0.361	0.530	0.127
\$20,000 and over	2.362	1.178	0.404	0.710	0.070
Not classified	2.365	1.137	0.368	0.759	0.102
Households using in a week (percent)					
All households	99.1	94.5	58.6	79.9	22.4
Under \$5,000	97.9	88.2	49.5	66.3	17.7
\$5,000-\$9,999	98.1	93.0	48.1	77.2	15.4
\$10,000-\$14,999	100.0	96.6	59.0	85.4	31.3
\$15,000-\$19,999	100.0	97.7	74.6	86.9	28.5
\$20,000 and over	99.5	98.2	68.3	89.0	20.0
Not classified	99.4	95.8	60.3	79.6	24.9

¹See "Table Notes"

UNITED STATES

Suburban

Table 10.1.—Milk, cream, cheese

Money income before taxes in 1976	Total (calcium equiv- alent) ¹	Milk (calcium equiv- alent) ¹	Cream, ice cream ¹	Cheese	Soup, mixtures ¹
(1)	(2)	(3)	(4)	(5)	(6)
Quantity per person in a week (pounds)					
All households	9.130	6.602	0.597	0.450	0.150
Under \$5,000	7.713	5.572	0.498	0.403	0.073
\$5,000-\$9,999	8.205	6.250	0.393	0.416	0.120
\$10,000-\$14,999	9.127	6.613	0.549	0.435	0.167
\$15,000-\$19,999	8.758	6.364	0.564	0.441	0.048
\$20,000 and over	10.346	7.460	0.748	0.470	0.210
Not classified	8.608	6.002	0.600	0.475	0.167
Money value per person in a week (dollars)					
All households	2.193	1.156	0.331	0.618	0.088
Under \$5,000	1.843	1.001	0.270	0.527	0.044
\$5,000-\$9,999	1.955	1.149	0.212	0.512	0.082
\$10,000-\$14,999	2.172	1.198	0.280	0.608	0.087
\$15,000-\$19,999	1.995	1.050	0.322	0.589	0.034
\$20,000 and over	2.488	1.279	0.425	0.676	0.107
Not classified	2.179	1.069	0.335	0.659	0.116
Households using in a week (percent)					
All households	99.5	97.2	69.5	87.6	28.1
Under \$5,000	98.0	93.5	56.3	78.1	19.0
\$5,000-\$9,999	100.0	97.9	55.8	81.2	21.1
\$10,000-\$14,999	99.6	97.4	63.9	90.7	29.2
\$15,000-\$19,999	100.0	99.5	75.7	90.1	26.9
\$20,000 and over	100.0	97.9	79.3	93.4	32.7
Not classified	98.5	95.9	72.9	84.9	31.0

¹See "Table Notes"

Table 10.1.—Milk, cream, cheese

UNITED STATES

Nonmetropolitan

Money income before taxes in 1976	Total (calcium equiv- alent) ¹	Milk (calcium equiv- alent) ¹	Cream, ice cream ¹	Cheese	Soup, mixtures ¹
(1)	(2)	(3)	(4)	(5)	(6)
Quantity per person in a week (pounds)					
All households	8.030	5.951	0.520	0.379	0.110
Under \$5,000	7.910	6.096	0.572	0.341	0.054
\$5,000-\$9,999	7.429	5.490	0.476	0.383	0.128
\$10,000-\$14,999	7.887	5.827	0.490	0.329	0.201
\$15,000-\$19,999	8.010	5.958	0.477	0.373	0.093
\$20,000 and over	9.225	6.802	0.544	0.437	0.116
Not classified	7.680	5.625	0.561	0.383	0.064
Money value per person in a week (dollars)					
All households	1.913	1.065	0.281	0.489	0.078
Under \$5,000	1.868	1.118	0.278	0.424	0.047
\$5,000-\$9,999	1.773	0.985	0.263	0.456	0.069
\$10,000-\$14,999	1.846	1.025	0.253	0.430	0.138
\$15,000-\$19,999	1.815	1.057	0.236	0.470	0.052
\$20,000 and over	2.260	1.206	0.343	0.596	0.115
Not classified	1.864	1.019	0.291	0.511	0.043
Households using in a week (percent)					
All households	99.5	97.1	63.3	81.7	23.1
Under \$5,000	98.1	94.9	55.5	68.7	15.5
\$5,000-\$9,999	99.4	96.5	59.4	77.9	24.4
\$10,000-\$14,999	100.0	98.2	62.7	88.1	24.1
\$15,000-\$19,999	100.0	97.9	67.8	88.0	22.9
\$20,000 and over	100.0	97.9	73.6	91.1	31.8
Not classified	99.4	97.2	61.6	78.3	19.9

¹See "Table Notes"

UNITED STATES

Table 10.2.—Meat, poultry, fish

All urbanizations

Money income before taxes in 1976	Total	Beef	Bacon, salt pork	Other pork	Veal, lamb, game ¹	Liver	Lunch meat, frank- furters	Poultry	Fish, shellfish
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
Quantity per person in a week (pounds)									
All households	4.860	1.911	0.190	0.831	0.111	0.042	0.426	0.941	0.408
Under \$5,000	4.985	1.639	0.221	0.894	0.173	0.064	0.445	1.035	0.515
\$5,000-\$9,999	4.648	1.748	0.207	0.853	0.083	0.054	0.416	0.934	0.353
\$10,000-\$14,999	4.600	1.829	0.189	0.825	0.106	0.041	0.430	0.805	0.376
\$15,000-\$19,999	4.804	1.944	0.170	0.823	0.087	0.033	0.469	0.915	0.363
\$20,000 and over	5.027	2.111	0.159	0.807	0.124	0.029	0.393	0.954	0.450
Not classified	5.030	1.983	0.214	0.822	0.109	0.044	0.428	1.018	0.412
Money value per person in a week (dollars)									
All households	5.737	2.324	0.235	1.093	0.195	0.037	0.540	0.716	0.597
Under \$5,000	5.662	1.925	0.270	1.115	0.354	0.051	0.530	0.739	0.679
\$5,000-\$9,999	5.152	2.045	0.248	1.057	0.113	0.048	0.484	0.697	0.460
\$10,000-\$14,999	5.298	2.164	0.236	1.046	0.164	0.039	0.528	0.579	0.543
\$15,000-\$19,999	5.786	2.374	0.210	1.144	0.142	0.032	0.615	0.738	0.529
\$20,000 and over	6.394	2.742	0.202	1.130	0.235	0.026	0.537	0.778	0.744
Not classified	5.806	2.349	0.265	1.070	0.204	0.038	0.547	0.743	0.591
Households using in a week (percent)									
All households	99.1	93.1	49.1	69.3	12.7	9.6	70.5	69.2	53.0
Under \$5,000	98.4	86.2	43.8	59.6	14.8	9.3	60.7	67.1	47.0
\$5,000-\$9,999	98.6	90.8	51.2	67.0	8.6	10.7	64.7	67.8	48.5
\$10,000-\$14,999	99.4	93.8	49.0	70.4	12.7	9.5	75.4	67.1	49.5
\$15,000-\$19,999	99.8	97.2	49.1	75.3	11.5	8.7	79.5	74.0	58.4
\$20,000 and over	99.6	97.3	48.4	73.9	15.7	8.2	75.1	70.4	59.8
Not classified	99.0	92.7	51.6	68.6	12.6	10.8	68.4	69.3	53.8

¹See "Table Notes"

Table 10.2.—Meat, poultry, fish

UNITED STATES

Central city

Money income before taxes in 1976	Total	Beef	Bacon, salt pork	Other pork	Veal, lamb, game ¹	Liver	Lunch meat, frank- furters	Poultry	Fish, shellfish
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
Quantity per person in a week (pounds)									
All households	5.313	1.890	0.188	0.926	0.161	0.057	0.466	1.131	0.493
Under \$5,000	5.691	1.676	0.213	1.082	0.260	0.082	0.449	1.308	0.621
\$5,000-\$9,999	5.103	1.793	0.209	0.848	0.085	0.064	0.436	1.135	0.533
\$10,000-\$14,999	4.869	1.767	0.188	0.911	0.171	0.055	0.448	0.894	0.435
\$15,000-\$19,999	4.962	1.911	0.144	0.798	0.124	0.052	0.485	1.048	0.400
\$20,000 and over	5.468	2.130	0.132	0.945	0.156	0.032	0.411	1.181	0.482
Not classified	5.774	2.017	0.243	0.966	0.173	0.063	0.573	1.246	0.492
Money value per person in a week (dollars)									
All households	6.379	2.387	0.241	1.220	0.257	0.053	0.587	0.876	0.759
Under \$5,000	6.423	1.968	0.271	1.338	0.391	0.072	0.553	0.948	0.882
\$5,000-\$9,999	5.938	2.217	0.280	1.141	0.095	0.057	0.513	0.944	0.690
\$10,000-\$14,999	5.956	2.305	0.246	1.181	0.228	0.057	0.531	0.689	0.720
\$15,000-\$19,999	6.067	2.445	0.180	1.078	0.231	0.059	0.652	0.816	0.606
\$20,000 and over	7.034	2.803	0.167	1.348	0.292	0.032	0.541	0.952	0.898
Not classified	6.751	2.489	0.297	1.212	0.312	0.049	0.744	0.918	0.729
Households using in a week (percent)									
All households	98.9	90.2	46.6	66.3	17.5	11.1	64.6	73.6	55.8
Under \$5,000	99.4	84.9	42.1	59.4	23.9	12.1	60.1	72.5	50.9
\$5,000-\$9,999	96.8	88.0	49.6	61.1	8.7	11.2	54.5	69.4	51.4
\$10,000-\$14,999	99.3	92.2	50.3	70.1	17.1	9.2	73.7	71.0	54.1
\$15,000-\$19,999	99.2	96.1	40.9	66.0	13.3	12.7	67.8	78.0	57.4
\$20,000 and over	99.5	93.2	42.9	75.1	21.1	7.5	70.6	78.1	63.3
Not classified	99.5	90.1	51.6	68.3	19.6	13.7	64.3	74.9	59.7

¹ See "Table Notes"

Table 10.2.—Meat, poultry, fish

UNITED STATES

Suburban

Money income before taxes in 1976	Total	Beef	Bacon, salt pork	Other pork	Veal, lamb, game ¹	Liver	Lunch meat, frank- furters	Poultry	Fish, shellfish
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
Quantity per person in a week (pounds)									
All households	4.784	1.988	0.166	0.830	0.116	0.038	0.415	0.898	0.334
Under \$5,000	4.348	1.700	0.203	0.772	0.158	0.087	0.402	0.813	0.212
\$5,000-\$9,999	4.724	1.858	0.177	0.941	0.085	0.080	0.441	0.851	0.292
\$10,000-\$14,999	4.542	1.908	0.163	0.847	0.109	0.024	0.376	0.802	0.312
\$15,000-\$19,999	5.235	2.177	0.181	0.887	0.102	0.026	0.527	0.992	0.341
\$20,000 and over	4.773	2.018	0.146	0.765	0.146	0.024	0.380	0.926	0.369
Not classified	4.792	2.021	0.169	0.809	0.098	0.036	0.393	0.909	0.357
Money value per person in a week (dollars)									
All households	5.833	2.483	0.207	1.124	0.209	0.034	0.542	0.722	0.512
Under \$5,000	5.254	1.962	0.256	0.974	0.526	0.057	0.483	0.657	0.340
\$5,000-\$9,999	5.306	2.188	0.198	1.201	0.100	0.072	0.528	0.609	0.410
\$10,000-\$14,999	5.249	2.258	0.203	1.099	0.192	0.024	0.468	0.580	0.426
\$15,000-\$19,999	6.400	2.638	0.227	1.295	0.143	0.024	0.696	0.869	0.508
\$20,000 and over	6.240	2.767	0.190	1.069	0.257	0.022	0.533	0.786	0.616
Not classified	5.737	2.445	0.211	1.080	0.191	0.037	0.517	0.713	0.541
Households using in a week (percent)									
All households	99.2	95.1	48.0	73.0	13.9	9.0	75.0	68.9	54.5
Under \$5,000	97.8	92.7	43.2	63.2	9.8	10.5	63.9	63.3	43.7
\$5,000-\$9,999	98.8	89.8	47.7	69.6	10.0	13.0	72.0	63.3	49.9
\$10,000-\$14,999	98.9	93.8	49.6	73.1	14.4	7.3	74.3	66.7	48.0
\$15,000-\$19,999	100.0	97.6	52.2	82.3	15.4	6.3	84.6	76.8	58.0
\$20,000 and over	99.7	98.4	47.7	74.6	17.6	7.9	77.7	71.1	63.5
Not classified	98.9	95.5	46.8	71.5	12.3	10.0	72.5	68.9	53.3

¹See "Table Notes"

Table 10.2.—Meat, poultry, fish

UNITED STATES

Nonmetropolitan

Money income before taxes in 1976	Total	Beef	Bacon, salt pork	Other pork	Veal, lamb, game ¹	Liver	Lunch meat, frank- furters	Poultry	Fish, shellfish
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
Quantity per person in a week (pounds)									
All households	4.578	1.842	0.219	0.755	0.064	0.034	0.405	0.837	0.422
Under \$5,000	4.548	1.559	0.241	0.749	0.081	0.029	0.465	0.852	0.572
\$5,000-\$9,999	4.247	1.624	0.231	0.782	0.078	0.024	0.380	0.856	0.271
\$10,000-\$14,999	4.405	1.801	0.217	0.720	0.039	0.046	0.472	0.722	0.389
\$15,000-\$19,999	4.159	1.684	0.177	0.762	0.041	0.026	0.385	0.722	0.362
\$20,000 and over	5.124	2.260	0.205	0.770	0.061	0.035	0.401	0.822	0.569
Not classified	4.791	1.923	0.241	0.742	0.079	0.040	0.369	0.981	0.416
Money value per person in a week (dollars)									
All households	5.110	2.096	0.262	0.955	0.130	0.028	0.499	0.579	0.561
Under \$5,000	5.027	1.852	0.276	0.942	0.210	0.024	0.531	0.547	0.645
\$5,000-\$9,999	4.442	1.799	0.265	0.874	0.137	0.020	0.427	0.588	0.332
\$10,000-\$14,999	4.717	1.925	0.260	0.859	0.071	0.040	0.591	0.472	0.499
\$15,000-\$19,999	4.825	1.999	0.213	1.009	0.076	0.022	0.488	0.521	0.498
\$20,000 and over	6.153	2.649	0.251	1.063	0.149	0.028	0.541	0.625	0.847
Not classified	5.272	2.164	0.296	0.969	0.147	0.031	0.450	0.660	0.553
Households using in a week (percent)									
All households	99.3	93.6	52.5	67.9	7.1	8.9	71.1	65.6	48.9
Under \$5,000	97.5	83.6	46.3	57.8	7.0	5.3	59.6	62.9	44.4
\$5,000-\$9,999	100.0	94.3	55.7	69.9	7.2	8.2	67.3	70.3	44.6
\$10,000-\$14,999	100.0	95.5	46.9	67.7	6.2	12.2	78.4	63.7	46.4
\$15,000-\$19,999	100.0	97.7	52.1	74.7	5.4	8.2	83.1	67.6	59.7
\$20,000 and over	99.5	99.0	54.2	71.8	8.0	9.3	74.4	62.8	50.5
Not classified	98.8	91.8	56.5	66.0	7.8	9.5	67.3	65.5	50.1

¹ See "Table Notes"

UNITED STATES

All urbanizations

Table 10.3.—Other protein food

Money income before taxes in 1976	Total ¹	Eggs (fresh equiv- alent) ¹	Dry legumes (dry weight) ¹	Nuts (shelled weight), peanut butter ¹	Soup, mixtures ¹	Plate meals ¹
(1)	(2)	(3)	(4)	(5)	(6)	(7)
Quantity per person in a week (pounds)						
All households	**	0.673	0.126	0.135	0.109	0.057
Under \$5,000	**	0.745	0.182	0.105	0.094	0.074
\$5,000-\$9,999	**	0.708	0.175	0.108	0.115	0.060
\$10,000-\$14,999	**	0.676	0.147	0.151	0.106	0.074
\$15,000-\$19,999	**	0.613	0.076	0.132	0.106	0.047
\$20,000 and over	**	0.630	0.079	0.160	0.111	0.051
Not classified	**	0.701	0.135	0.131	0.114	0.047
Money value per person in a week (dollars)						
All households	0.727	0.341	0.086	0.151	0.083	0.066
Under \$5,000	0.766	0.391	0.109	0.107	0.077	0.083
\$5,000-\$9,999	0.723	0.361	0.099	0.128	0.077	0.058
\$10,000-\$14,999	0.782	0.343	0.100	0.169	0.082	0.088
\$15,000-\$19,999	0.654	0.306	0.062	0.141	0.088	0.058
\$20,000 and over	0.723	0.313	0.073	0.184	0.085	0.068
Not classified	0.724	0.357	0.087	0.143	0.085	0.051
Households using in a week (percent)						
All households	97.9	94.6	35.9	48.2	24.1	9.0
Under \$5,000	96.5	93.4	36.8	29.0	17.4	8.8
\$5,000-\$9,999	97.8	94.2	38.0	44.3	21.4	7.6
\$10,000-\$14,999	97.8	94.4	40.0	51.5	26.9	11.3
\$15,000-\$19,999	97.5	94.0	34.2	55.2	26.2	10.4
\$20,000 and over	98.9	95.9	33.7	58.0	31.3	9.5
Not classified	98.1	94.9	33.5	48.3	20.1	7.2

¹See "Table Notes"

Table 10.3.—Other protein food

UNITED STATES

Central city

Money income before taxes in 1976	Total ¹	Eggs (fresh equiv- alent) ¹	Dry legumes (dry weight) ¹	Nuts (shelled weight), peanut butter ¹	Soup, mixtures ¹	Plate meals ¹
(1)	(2)	(3)	(4)	(5)	(6)	(7)
Quantity per person in a week (pounds)						
All households	**	0.686	0.146	0.121	0.110	0.056
Under \$5,000	**	0.699	0.191	0.084	0.103	0.072
\$5,000-\$9,999	**	0.691	0.173	0.079	0.075	0.041
\$10,000-\$14,999	**	0.673	0.156	0.128	0.128	0.082
\$15,000-\$19,999	**	0.572	0.082	0.141	0.095	0.039
\$20,000 and over	**	0.686	0.094	0.158	0.139	0.032
Not classified	**	0.768	0.175	0.127	0.111	0.064
Money value per person in a week (dollars)						
All households	0.757	0.365	0.101	0.141	0.083	0.067
Under \$5,000	0.776	0.390	0.120	0.085	0.089	0.092
\$5,000-\$9,999	0.678	0.366	0.121	0.104	0.050	0.038
\$10,000-\$14,999	0.835	0.356	0.103	0.161	0.106	0.109
\$15,000-\$19,999	0.634	0.294	0.068	0.147	0.083	0.042
\$20,000 and over	0.780	0.343	0.093	0.195	0.106	0.043
Not classified	0.798	0.427	0.096	0.138	0.063	0.074
Households using in a week (percent)						
All households	97.4	94.3	35.0	42.2	21.4	8.7
Under \$5,000	95.9	92.7	36.8	26.4	20.5	7.8
\$5,000-\$9,999	97.6	94.2	35.7	36.1	14.6	8.0
\$10,000-\$14,999	97.9	95.0	38.2	50.4	27.6	12.7
\$15,000-\$19,999	93.8	89.4	32.8	57.7	19.5	9.1
\$20,000 and over	100.0	96.2	35.7	50.7	31.2	5.9
Not classified	98.1	97.1	30.2	40.3	16.3	9.1

¹ See "Table Notes"

UNITED STATES

Suburban

Table 10.3.—Other protein food

Money income before taxes in 1976	Total ¹	Eggs (fresh equiv- alent) ¹	Dry legumes (dry weight) ¹	Nuts (shelled weight), peanut butter ¹	Soup, mixtures ¹	Plate meals ¹
(1)	(2)	(3)	(4)	(5)	(6)	(7)
Quantity per person in a week (pounds)						
All households	**	0.656	0.089	0.150	0.125	0.055
Under \$5,000	**	0.738	0.130	0.156	0.121	0.118
\$5,000-\$9,999	**	0.725	0.146	0.126	0.146	0.073
\$10,000-\$14,999	**	0.655	0.116	0.169	0.121	0.047
\$15,000-\$19,999	**	0.652	0.073	0.127	0.115	0.051
\$20,000 and over	**	0.582	0.058	0.169	0.106	0.050
Not classified	**	0.701	0.076	0.142	0.153	0.042
Money value per person in a week (dollars)						
All households	0.718	0.326	0.065	0.166	0.097	0.064
Under \$5,000	0.809	0.372	0.069	0.146	0.094	0.128
\$5,000-\$9,999	0.782	0.370	0.082	0.160	0.102	0.069
\$10,000-\$14,999	0.727	0.324	0.080	0.178	0.088	0.057
\$15,000-\$19,999	0.676	0.327	0.058	0.136	0.090	0.066
\$20,000 and over	0.683	0.290	0.058	0.191	0.080	0.065
Not classified	0.729	0.339	0.059	0.153	0.134	0.044
Households using in a week (percent)						
All households	97.7	94.7	32.0	52.0	27.2	9.0
Under \$5,000	95.3	89.8	28.7	28.8	17.5	12.9
\$5,000-\$9,999	98.4	95.7	36.1	46.2	23.7	7.4
\$10,000-\$14,999	96.9	93.4	37.2	52.5	29.1	9.5
\$15,000-\$19,999	98.9	97.4	34.3	58.6	31.2	12.2
\$20,000 and over	98.6	96.8	30.6	60.4	32.3	8.9
Not classified	96.5	92.3	26.8	50.6	23.2	6.0

¹See "Table Notes"

Table 10.3.—Other protein food

UNITED STATES

Nonmetropolitan

Money income before taxes in 1976	Total ¹	Eggs (fresh equiv- alent) ¹	Dry legumes (dry weight) ¹	Nuts (shelled weight), peanut butter ¹	Soup, mixtures ¹	Plate meals ¹
(1)	(2)	(3)	(4)	(5)	(6)	(7)
Quantity per person in a week (pounds)						
All households	**	0.681	0.153	0.130	0.090	0.061
Under \$5,000	**	0.802	0.203	0.101	0.067	0.051
\$5,000-\$9,999	**	0.707	0.201	0.114	0.118	0.062
\$10,000-\$14,999	**	0.700	0.171	0.156	0.067	0.095
\$15,000-\$19,999	**	0.596	0.077	0.130	0.104	0.050
\$20,000 and over	**	0.670	0.105	0.146	0.097	0.068
Not classified	**	0.658	0.169	0.123	0.077	0.041
Money value per person in a week (dollars)						
All households	0.713	0.339	0.098	0.141	0.067	0.068
Under \$5,000	0.728	0.403	0.120	0.110	0.054	0.045
\$5,000-\$9,999	0.707	0.350	0.098	0.119	0.077	0.063
\$10,000-\$14,999	0.789	0.351	0.118	0.168	0.052	0.100
\$15,000-\$19,999	0.643	0.289	0.062	0.143	0.089	0.061
\$20,000 and over	0.750	0.332	0.083	0.163	0.079	0.093
Not classified	0.670	0.330	0.109	0.137	0.052	0.043
Households using in a week (percent)						
All households	98.5	94.7	40.8	49.7	23.1	9.3
Under \$5,000	97.9	96.5	41.8	32.3	13.6	7.4
\$5,000-\$9,999	97.4	93.0	41.7	50.0	25.7	7.4
\$10,000-\$14,999	98.8	95.0	44.9	51.5	23.9	11.8
\$15,000-\$19,999	98.9	93.7	35.2	49.3	25.9	9.4
\$20,000 and over	98.4	94.0	37.2	60.2	29.7	13.5
Not classified	99.7	95.8	42.7	51.9	19.9	7.1

¹ See "Table Notes"

UNITED STATES

All urbanizations

Table 10.4.—Vegetables

Money income before taxes in 1976	Total ¹	Potatoes					Dark green ¹			
		Total (fresh equiv- alent) ¹	Fresh	Commer- cially canned	Commer- cially frozen	Dried ¹	Total	Fresh	Commer- cially canned	Commer- cially frozen
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)
Quantity per person in a week (pounds)										
All households	5.171	1.612	1.081	0.009	0.058	0.011	0.302	0.215	0.027	0.048
Under \$5,000	5.177	1.423	1.114	0.006	0.015	0.016	0.385	0.260	0.061	0.049
\$5,000-\$9,999	5.352	1.590	1.158	0.007	0.050	0.007	0.345	0.251	0.031	0.055
\$10,000-\$14,999	4.881	1.631	1.097	0.013	0.052	0.011	0.264	0.190	0.025	0.043
\$15,000-\$19,999	4.763	1.661	0.984	0.005	0.087	0.012	0.264	0.176	0.020	0.047
\$20,000 and over	5.329	1.652	1.035	0.009	0.061	0.012	0.256	0.172	0.018	0.053
Not classified	5.373	1.622	1.112	0.010	0.066	0.007	0.338	0.264	0.024	0.039
Money value per person in a week (dollars)										
All households	1.986	0.301	0.171	0.003	0.026	0.009	0.152	0.101	0.012	0.031
Under \$5,000	1.988	0.256	0.187	0.002	0.009	0.011	0.190	0.121	0.023	0.035
\$5,000-\$9,999	1.996	0.283	0.182	0.003	0.020	0.006	0.172	0.115	0.015	0.036
\$10,000-\$14,999	1.801	0.294	0.164	0.005	0.021	0.009	0.117	0.076	0.010	0.026
\$15,000-\$19,999	1.872	0.317	0.148	0.002	0.041	0.011	0.127	0.082	0.008	0.027
\$20,000 and over	2.127	0.319	0.163	0.003	0.028	0.009	0.148	0.092	0.009	0.034
Not classified	2.048	0.313	0.184	0.004	0.030	0.007	0.168	0.126	0.009	0.028
Households using in a week (percent)										
All households	99.1	82.7	72.2	2.0	10.6	5.3	48.0	33.2	6.8	13.4
Under \$5,000	98.4	75.8	68.9	1.1	2.7	3.4	44.6	29.6	9.0	9.4
\$5,000-\$9,999	98.1	79.0	70.4	1.8	7.4	4.2	45.8	30.4	7.5	13.0
\$10,000-\$14,999	99.0	81.8	70.1	2.6	9.5	5.1	46.5	31.4	6.0	14.4
\$15,000-\$19,999	99.5	86.2	72.6	2.2	18.9	7.3	47.0	33.3	6.5	12.4
\$20,000 and over	100.0	87.6	75.2	2.0	14.6	7.3	53.0	36.7	6.2	17.6
Not classified	99.2	84.1	74.2	2.2	10.4	4.7	49.2	36.1	6.0	12.0

¹See "Table Notes"

Table 10.4.—Vegetables—Continued

UNITED STATES

All urbanizations

Money income before taxes in 1976	Deep yellow ¹				Tomatoes ¹			
	Total	Fresh	Commer- cially canned	Commer- cially frozen	Total	Fresh	Commer- cially canned	Home canned
(1)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)
Quantity per person in a week (pounds)								
All households	0.243	0.189	0.032	0.007	0.723	0.273	0.371	0.070
Under \$5,000	0.267	0.179	0.055	0.011	0.678	0.261	0.346	0.069
\$5,000-\$9,999	0.252	0.206	0.027	0.011	0.745	0.295	0.340	0.100
\$10,000-\$14,999	0.203	0.152	0.027	0.006	0.686	0.259	0.351	0.070
\$15,000-\$19,999	0.193	0.138	0.027	0.005	0.649	0.238	0.346	0.053
\$20,000 and over	0.268	0.222	0.031	0.007	0.755	0.270	0.425	0.054
Not classified	0.263	0.211	0.033	0.006	0.771	0.301	0.380	0.077
Money value per person in a week (dollars)								
All households	0.085	0.061	0.013	0.004	0.334	0.146	0.157	0.025
Under \$5,000	0.103	0.062	0.026	0.006	0.324	0.142	0.157	0.024
\$5,000-\$9,999	0.091	0.068	0.012	0.006	0.342	0.155	0.144	0.037
\$10,000-\$14,999	0.069	0.047	0.010	0.003	0.307	0.133	0.147	0.023
\$15,000-\$19,999	0.073	0.046	0.011	0.003	0.313	0.134	0.151	0.019
\$20,000 and over	0.087	0.067	0.012	0.003	0.350	0.148	0.177	0.021
Not classified	0.093	0.071	0.013	0.003	0.352	0.157	0.159	0.029
Households using in a week (percent)								
All households	48.9	40.1	6.9	2.5	77.3	47.4	56.4	6.8
Under \$5,000	40.5	29.5	8.5	1.9	66.6	38.1	43.5	5.1
\$5,000-\$9,999	44.8	37.7	5.9	3.3	72.7	45.4	49.3	8.9
\$10,000-\$14,999	46.9	38.5	6.5	2.0	76.9	45.6	58.2	7.2
\$15,000-\$19,999	52.1	41.6	7.3	2.4	83.6	49.8	65.3	5.8
\$20,000 and over	58.8	50.5	7.5	3.1	85.6	54.6	66.4	6.1
Not classified	47.8	39.6	6.3	2.1	77.0	48.1	54.7	7.1

¹See "Table Notes"

Table 10.4.—Vegetables—Continued

UNITED STATES

All urbanizations

Money income before taxes in 1976	Other vegetables ¹							Soup, mixtures ¹
	Total ¹	Fresh	Commer- cially canned ¹	Home canned	Commer- cially frozen	Home frozen	Dried ¹	
(1)	(20)	(21)	(22)	(23)	(24)	(25)	(26)	(27)
Quantity per person in a week (pounds)								
All households	2.585	1.608	0.573	0.095	0.145	0.066	0.003	0.078
Under \$5,000	2.561	1.532	0.650	0.113	0.129	0.064	0.005	0.098
\$5,000-\$9,999	2.620	1.552	0.663	0.119	0.119	0.074	0.004	0.101
\$10,000-\$14,999	2.389	1.411	0.588	0.096	0.122	0.091	0.003	0.074
\$15,000-\$19,999	2.413	1.504	0.493	0.083	0.179	0.050	0.003	0.063
\$20,000 and over	2.755	1.807	0.520	0.072	0.173	0.054	0.001	0.075
Not classified	2.659	1.696	0.573	0.100	0.133	0.069	0.002	0.068
Money value per person in a week (dollars)								
All households	1.064	0.605	0.215	0.045	0.095	0.038	0.004	0.049
Under \$5,000	1.045	0.572	0.252	0.049	0.081	0.038	0.006	0.070
\$5,000-\$9,999	1.059	0.574	0.247	0.054	0.081	0.041	0.005	0.050
\$10,000-\$14,999	0.968	0.519	0.216	0.044	0.081	0.052	0.004	0.045
\$15,000-\$19,999	0.999	0.532	0.186	0.052	0.123	0.028	0.003	0.043
\$20,000 and over	1.173	0.712	0.199	0.035	0.111	0.030	0.003	0.049
Not classified	1.078	0.643	0.210	0.044	0.087	0.039	0.003	0.044
Households using in a week (percent)								
All households	97.5	90.0	61.3	11.5	28.9	9.6	4.7	20.9
Under \$5,000	95.5	83.2	54.9	10.1	20.4	7.0	2.9	15.3
\$5,000-\$9,999	96.5	87.3	60.9	11.3	26.3	9.6	5.3	18.2
\$10,000-\$14,999	97.7	89.0	61.5	12.6	28.8	13.2	4.6	23.3
\$15,000-\$19,999	97.8	91.9	61.9	12.0	32.0	8.6	5.3	24.6
\$20,000 and over	99.5	96.9	66.6	10.6	38.2	8.4	6.0	26.7
Not classified	97.6	89.5	60.0	12.2	26.1	10.4	3.7	17.2

¹See "Table Notes"

Table 10.4.—Vegetables

UNITED STATES

Central city

Money income before taxes in 1976	Total ¹	Potatoes					Dark green ¹			
		Total (fresh equiv- alent) ¹	Fresh	Commer- cially canned	Commer- cially frozen	Dried ¹	Total	Fresh	Commer- cially canned	Commer- cially frozen
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)
Quantity per person in a week (pounds)										
All households	5.291	1.384	0.972	0.006	0.044	0.010	0.406	0.304	0.029	0.065
Under \$5,000	5.034	1.156	0.846	0.000	0.020	0.025	0.499	0.331	0.091	0.076
\$5,000-\$9,999	5.072	1.217	0.919	0.004	0.022	0.006	0.446	0.333	0.026	0.085
\$10,000-\$14,999	5.030	1.543	1.033	0.007	0.052	0.017	0.351	0.288	0.012	0.048
\$15,000-\$19,999	4.638	1.409	0.823	0.004	0.082	0.008	0.349	0.223	0.026	0.090
\$20,000 and over	6.074	1.449	1.098	0.006	0.039	0.005	0.306	0.230	0.013	0.054
Not classified	5.645	1.469	1.039	0.014	0.052	0.003	0.499	0.413	0.019	0.046
Money value per person in a week (dollars)										
All households	2.058	0.264	0.160	0.002	0.022	0.008	0.201	0.142	0.013	0.042
Under \$5,000	2.004	0.219	0.162	0.000	0.014	0.014	0.244	0.154	0.036	0.054
\$5,000-\$9,999	2.003	0.236	0.156	0.001	0.013	0.005	0.230	0.159	0.015	0.057
\$10,000-\$14,999	1.885	0.280	0.158	0.002	0.022	0.014	0.167	0.127	0.007	0.031
\$15,000-\$19,999	1.906	0.275	0.127	0.002	0.047	0.007	0.170	0.110	0.011	0.044
\$20,000 and over	2.315	0.265	0.164	0.002	0.018	0.006	0.162	0.111	0.008	0.038
Not classified	2.181	0.302	0.185	0.006	0.022	0.003	0.241	0.189	0.008	0.033
Households using in a week (percent)										
All households	98.9	77.1	66.7	1.6	8.4	4.2	52.6	39.1	6.6	15.3
Under \$5,000	98.8	69.4	62.1	0.0	3.9	4.1	50.8	33.9	12.7	14.0
\$5,000-\$9,999	97.9	73.3	63.4	1.1	6.1	4.1	47.6	33.8	5.1	14.6
\$10,000-\$14,999	98.7	81.7	69.0	2.2	7.9	6.4	55.6	42.2	4.2	17.4
\$15,000-\$19,999	99.2	77.9	63.7	2.0	17.5	5.4	53.0	38.9	6.7	16.9
\$20,000 and over	100.0	81.6	72.3	1.5	10.5	4.2	53.5	41.7	5.1	17.5
Not classified	99.4	80.4	69.9	3.0	8.6	1.8	56.3	45.3	5.1	12.7

¹See "Table Notes"

Table 10.4.—Vegetables—Continued

UNITED STATES

Central city

Money income before taxes in 1976	Deep yellow ¹				Tomatoes ¹			
	Total	Fresh	Commer- cially canned	Commer- cially frozen	Total	Fresh	Commer- cially canned	Home canned
(1)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)
Quantity per person in a week (pounds)								
All households	0.308	0.245	0.045	0.010	0.691	0.292	0.372	0.020
Under \$5,000	0.273	0.166	0.079	0.019	0.695	0.283	0.410	0.002
\$5,000-\$9,999	0.365	0.293	0.041	0.020	0.621	0.268	0.307	0.034
\$10,000-\$14,999	0.211	0.172	0.029	0.009	0.676	0.284	0.350	0.033
\$15,000-\$19,999	0.241	0.187	0.032	0.003	0.648	0.255	0.370	0.017
\$20,000 and over	0.362	0.304	0.047	0.002	0.720	0.317	0.381	0.015
Not classified	0.380	0.324	0.045	0.007	0.773	0.333	0.416	0.014
Money value per person in a week (dollars)								
All households	0.109	0.079	0.019	0.005	0.330	0.155	0.163	0.007
Under \$5,000	0.109	0.056	0.038	0.010	0.337	0.143	0.193	0.001
\$5,000-\$9,999	0.137	0.098	0.022	0.011	0.298	0.153	0.123	0.016
\$10,000-\$14,999	0.070	0.054	0.010	0.004	0.338	0.155	0.165	0.013
\$15,000-\$19,999	0.094	0.065	0.013	0.001	0.317	0.136	0.173	0.001
\$20,000 and over	0.116	0.092	0.016	0.001	0.338	0.177	0.153	0.006
Not classified	0.125	0.100	0.020	0.003	0.345	0.158	0.175	0.006
Households using in a week (percent)								
All households	48.9	40.7	7.7	2.6	74.4	48.7	52.3	2.3
Under \$5,000	38.9	27.0	9.1	2.3	69.8	42.2	48.4	0.6
\$5,000-\$9,999	47.4	38.3	7.2	4.8	66.1	43.9	41.0	3.0
\$10,000-\$14,999	50.2	44.4	5.5	3.3	77.2	48.4	58.5	3.8
\$15,000-\$19,999	49.4	41.3	8.6	1.8	84.9	56.7	67.7	1.5
\$20,000 and over	60.0	54.1	8.0	1.3	81.7	58.6	57.8	2.5
Not classified	50.0	42.2	8.1	1.8	72.5	47.2	48.2	2.0

¹See "Table Notes"

Table 10.4.—Vegetables—Continued

UNITED STATES

Central city

Money income before taxes in 1976	Other vegetables ¹							Soup, mixtures ¹
	Total ¹	Fresh	Commer- cially canned ¹	Home canned	Commer- cially frozen	Home frozen	Dried ¹	
(1)	(20)	(21)	(22)	(23)	(24)	(25)	(26)	(27)
Quantity per person in a week (pounds)								
All households	2.717	1.743	0.640	0.031	0.175	0.026	0.004	0.075
Under \$5,000	2.570	1.577	0.687	0.016	0.210	0.006	0.008	0.086
\$5,000-\$9,999	2.553	1.534	0.731	0.031	0.142	0.037	0.002	0.083
\$10,000-\$14,999	2.550	1.573	0.641	0.059	0.154	0.042	0.006	0.049
\$15,000-\$19,999	2.338	1.478	0.504	0.012	0.209	0.016	0.004	0.060
\$20,000 and over	3.369	2.431	0.552	0.022	0.171	0.028	0.001	0.109
Not classified	2.758	1.723	0.711	0.038	0.179	0.020	0.004	0.061
Money value per person in a week (dollars)								
All households	1.108	0.649	0.249	0.014	0.118	0.014	0.004	0.046
Under \$5,000	1.047	0.576	0.266	0.006	0.131	0.003	0.010	0.049
\$5,000-\$9,999	1.060	0.566	0.306	0.012	0.097	0.018	0.005	0.041
\$10,000-\$14,999	0.993	0.564	0.231	0.028	0.102	0.023	0.005	0.038
\$15,000-\$19,999	1.004	0.555	0.203	0.006	0.151	0.009	0.002	0.045
\$20,000 and over	1.372	0.917	0.218	0.013	0.115	0.014	0.002	0.063
Not classified	1.125	0.661	0.269	0.016	0.122	0.011	0.002	0.042
Households using in a week (percent)								
All households	96.7	88.6	60.2	5.3	33.0	3.9	3.6	19.1
Under \$5,000	95.3	84.0	53.2	3.4	28.4	1.0	3.0	14.9
\$5,000-\$9,999	94.5	85.2	58.3	3.4	30.1	4.6	5.4	15.0
\$10,000-\$14,999	98.2	87.1	63.8	9.9	34.1	7.3	3.4	22.2
\$15,000-\$19,999	97.1	92.3	61.5	4.0	44.4	3.3	3.4	23.1
\$20,000 and over	99.3	99.3	66.5	5.8	38.4	3.7	4.5	30.4
Not classified	96.5	86.9	60.1	5.4	28.2	3.5	2.1	12.7

¹ See "Table Notes"

UNITED STATES

Suburban

Table 10.4.—Vegetables

Money income before taxes in 1976	Total ¹	Potatoes					Dark green ¹			
		Total (fresh equiv- alent) ¹	Fresh	Commer- cially canned	Commer- cially frozen	Dried ¹	Total	Fresh	Commer- cially canned	Commer- cially frozen
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)
Quantity per person in a week (pounds)										
All households	5.058	1.651	1.020	0.010	0.073	0.014	0.280	0.203	0.019	0.044
Under \$5,000	4.849	1.472	1.118	0.015	0.011	0.007	0.327	0.231	0.035	0.028
\$5,000-\$9,999	5.482	1.690	1.120	0.011	0.090	0.011	0.401	0.327	0.032	0.034
\$10,000-\$14,999	4.889	1.594	1.097	0.008	0.049	0.009	0.259	0.175	0.022	0.049
\$15,000-\$19,999	4.755	1.808	0.955	0.005	0.102	0.018	0.254	0.183	0.013	0.030
\$20,000 and over	5.114	1.624	0.938	0.010	0.072	0.017	0.247	0.166	0.012	0.054
Not classified	5.105	1.631	1.039	0.012	0.074	0.012	0.274	0.201	0.021	0.048
Money value per person in a week (dollars)										
All households	1.989	0.317	0.161	0.003	0.031	0.011	0.140	0.091	0.009	0.028
Under \$5,000	1.932	0.291	0.188	0.006	0.006	0.010	0.138	0.096	0.011	0.019
\$5,000-\$9,999	2.085	0.294	0.174	0.004	0.029	0.009	0.184	0.139	0.018	0.022
\$10,000-\$14,999	1.780	0.292	0.163	0.004	0.019	0.008	0.105	0.060	0.008	0.028
\$15,000-\$19,999	1.890	0.363	0.141	0.003	0.049	0.016	0.123	0.082	0.006	0.020
\$20,000 and over	2.092	0.321	0.154	0.003	0.033	0.012	0.147	0.087	0.006	0.035
Not classified	2.021	0.316	0.170	0.003	0.031	0.011	0.138	0.095	0.008	0.033
Households using in a week (percent)										
All households	99.3	84.6	72.8	2.2	13.8	7.2	48.7	33.9	5.9	13.9
Under \$5,000	97.9	78.2	70.8	2.8	2.1	3.3	39.9	27.2	6.1	6.7
\$5,000-\$9,999	98.2	80.9	72.9	2.7	9.7	4.7	48.6	35.7	8.5	11.8
\$10,000-\$14,999	100.0	80.7	69.8	2.4	9.9	3.8	44.4	28.7	5.5	15.0
\$15,000-\$19,999	100.0	90.2	74.3	1.9	22.9	9.4	46.9	34.1	6.7	9.9
\$20,000 and over	100.0	87.4	74.8	2.1	17.8	9.8	57.1	39.8	4.5	19.0
Not classified	99.0	85.7	72.3	1.7	13.3	8.3	46.0	31.2	5.5	13.8

¹See "Table Notes"

Table 10.4.—Vegetables—Continued

UNITED STATES

Suburban

Money income before taxes in 1976	Deep yellow ¹				Tomatoes ¹			
	Total	Fresh	Commer- cially canned	Commer- cially frozen	Total	Fresh	Commer- cially canned	Home canned
(1)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)
Quantity per person in a week (pounds)								
All households	0.237	0.190	0.026	0.009	0.731	0.268	0.402	0.054
Under \$5,000	0.302	0.243	0.048	0.010	0.686	0.256	0.372	0.059
\$5,000-\$9,999	0.229	0.202	0.016	0.005	0.799	0.332	0.395	0.062
\$10,000-\$14,999	0.226	0.159	0.025	0.009	0.675	0.249	0.355	0.071
\$15,000-\$19,999	0.189	0.136	0.029	0.009	0.613	0.218	0.349	0.036
\$20,000 and over	0.268	0.223	0.028	0.011	0.784	0.272	0.463	0.039
Not classified	0.225	0.185	0.021	0.007	0.753	0.275	0.402	0.070
Money value per person in a week (dollars)								
All households	0.081	0.060	0.011	0.004	0.337	0.143	0.170	0.020
Under \$5,000	0.116	0.088	0.023	0.004	0.331	0.146	0.167	0.019
\$5,000-\$9,999	0.077	0.064	0.007	0.003	0.382	0.170	0.181	0.023
\$10,000-\$14,999	0.080	0.049	0.012	0.003	0.272	0.120	0.131	0.020
\$15,000-\$19,999	0.069	0.042	0.013	0.005	0.295	0.122	0.150	0.015
\$20,000 and over	0.082	0.062	0.011	0.006	0.368	0.152	0.195	0.015
Not classified	0.084	0.066	0.008	0.004	0.344	0.142	0.169	0.028
Households using in a week (percent)								
All households	52.5	42.9	6.8	3.3	80.9	50.0	62.5	6.0
Under \$5,000	45.5	31.7	12.4	2.2	64.6	40.0	43.6	4.8
\$5,000-\$9,999	46.1	40.3	4.4	2.2	75.5	48.7	56.0	5.8
\$10,000-\$14,999	49.6	37.7	7.6	2.3	77.4	44.8	59.5	7.2
\$15,000-\$19,999	57.0	44.5	7.7	5.0	88.2	48.5	71.3	5.7
\$20,000 and over	60.4	51.7	7.8	4.8	89.3	58.1	71.3	4.2
Not classified	49.1	40.9	4.0	2.2	78.8	49.5	60.4	8.3

¹ See "Table Notes"

Table 10.4.—Vegetables—Continued

UNITED STATES

Suburban

Money income before taxes in 1976	Other vegetables ¹							Soup, mixtures ¹
	Total ¹	Fresh	Commer- cially canned ¹	Home canned	Commer- cially frozen	Home frozen	Dried ¹	
(1)	(20)	(21)	(22)	(23)	(24)	(25)	(26)	(27)
Quantity per person in a week (pounds)								
All households	2.514	1.588	0.528	0.070	0.167	0.060	0.002	0.084
Under \$5,000	2.198	1.393	0.555	0.055	0.072	0.036	0.008	0.123
\$5,000-\$9,999	2.609	1.618	0.621	0.074	0.131	0.054	0.006	0.145
\$10,000-\$14,999	2.405	1.424	0.597	0.073	0.146	0.081	0.001	0.080
\$15,000-\$19,999	2.440	1.514	0.489	0.073	0.236	0.047	0.003	0.061
\$20,000 and over	2.604	1.692	0.492	0.064	0.196	0.043	0.001	0.068
Not classified	2.540	1.648	0.487	0.075	0.135	0.093	0.001	0.078
Money value per person in a week (dollars)								
All households	1.055	0.606	0.200	0.038	0.109	0.035	0.004	0.057
Under \$5,000	0.919	0.546	0.224	0.023	0.043	0.023	0.006	0.138
\$5,000-\$9,999	1.076	0.622	0.226	0.035	0.090	0.033	0.007	0.073
\$10,000-\$14,999	0.983	0.522	0.222	0.031	0.095	0.049	0.004	0.047
\$15,000-\$19,999	0.999	0.503	0.176	0.066	0.165	0.028	0.005	0.041
\$20,000 and over	1.121	0.675	0.193	0.032	0.122	0.024	0.002	0.050
Not classified	1.079	0.652	0.188	0.035	0.085	0.055	0.004	0.057
Households using in a week (percent)								
All households	98.1	90.5	62.1	9.1	33.4	8.9	5.4	23.0
Under \$5,000	94.6	77.5	55.9	4.9	15.6	5.9	4.9	19.8
\$5,000-\$9,999	97.8	88.4	61.0	7.8	28.7	8.9	6.0	19.7
\$10,000-\$14,999	97.2	90.1	62.9	12.1	36.0	11.6	5.9	24.6
\$15,000-\$19,999	98.1	90.7	60.4	8.6	34.4	6.4	5.9	24.1
\$20,000 and over	100.0	95.4	68.0	8.4	44.0	7.2	6.2	25.8
Not classified	97.9	91.4	58.3	10.7	27.8	12.3	3.5	21.4

¹See "Table Notes"

Table 10.4.—Vegetables

UNITED STATES

Nonmetropolitan

Money income before taxes in 1976	Total ¹	Potatoes					Dark green ¹			
		Total (fresh equiv- alent) ¹	Fresh	Commer- cially canned	Commer- cially frozen	Dried ¹	Total	Fresh	Commer- cially canned	Commer- cially frozen
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)
Quantity per person in a week (pounds)										
All households	5.200	1.754	1.236	0.010	0.053	0.008	0.242	0.158	0.034	0.037
Under \$5,000	5.536	1.703	1.421	0.007	0.012	0.011	0.286	0.197	0.042	0.030
\$5,000-\$9,999	5.450	1.783	1.365	0.006	0.038	0.005	0.224	0.127	0.034	0.050
\$10,000-\$14,999	4.728	1.757	1.159	0.026	0.056	0.007	0.187	0.112	0.042	0.031
\$15,000-\$19,999	4.866	1.667	1.139	0.005	0.073	0.009	0.213	0.134	0.024	0.036
\$20,000 and over	5.115	1.865	1.156	0.008	0.059	0.010	0.234	0.137	0.033	0.050
Not classified	5.463	1.712	1.232	0.007	0.066	0.005	0.298	0.232	0.031	0.025
Money value per person in a week (dollars)										
All households	1.924	0.315	0.190	0.004	0.024	0.006	0.125	0.079	0.013	0.024
Under \$5,000	2.003	0.279	0.214	0.002	0.005	0.007	0.158	0.098	0.015	0.022
\$5,000-\$9,999	1.918	0.308	0.207	0.003	0.018	0.004	0.118	0.062	0.014	0.033
\$10,000-\$14,999	1.743	0.310	0.171	0.008	0.022	0.005	0.084	0.044	0.016	0.019
\$15,000-\$19,999	1.825	0.293	0.173	0.002	0.026	0.008	0.099	0.060	0.008	0.022
\$20,000 and over	2.036	0.359	0.180	0.003	0.026	0.007	0.139	0.085	0.016	0.028
Not classified	1.990	0.316	0.197	0.003	0.034	0.004	0.151	0.116	0.012	0.019
Households using in a week (percent)										
All households	98.9	85.7	76.5	2.1	9.1	4.3	43.1	27.2	7.9	11.0
Under \$5,000	98.3	82.1	75.9	1.3	1.5	2.6	40.2	25.9	6.5	5.7
\$5,000-\$9,999	98.0	82.6	74.7	1.8	6.5	3.8	41.6	22.8	8.6	12.7
\$10,000-\$14,999	98.3	83.0	71.6	3.2	10.6	5.1	39.6	23.3	8.4	10.7
\$15,000-\$19,999	99.1	88.5	78.0	2.6	15.3	6.4	42.1	27.8	6.2	11.8
\$20,000 and over	100.0	93.1	78.5	2.2	12.6	5.6	45.6	27.2	10.1	15.1
Not classified	99.3	85.2	79.2	2.0	8.9	3.2	47.3	34.2	7.1	9.6

¹See "Table Notes"

Table 10.4.—Vegetables—Continued

UNITED STATES

Nonmetropolitan

Money income before taxes in 1976	Deep yellow ¹				Tomatoes ¹			
	Total	Fresh	Commer- cially canned	Commer- cially frozen	Total	Fresh	Commer- cially canned	Home canned
(1)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)
Quantity per person in a week (pounds)								
All households	0.196	0.143	0.028	0.004	0.739	0.264	0.336	0.128
Under \$5,000	0.240	0.157	0.031	0.004	0.655	0.240	0.257	0.152
\$5,000-\$9,999	0.188	0.144	0.026	0.009	0.792	0.283	0.318	0.181
\$10,000-\$14,999	0.170	0.124	0.027	0.001	0.708	0.247	0.348	0.104
\$15,000-\$19,999	0.161	0.105	0.020	0.000	0.695	0.251	0.325	0.101
\$20,000 and over	0.194	0.153	0.023	0.003	0.732	0.229	0.391	0.110
Not classified	0.225	0.166	0.038	0.006	0.788	0.308	0.336	0.124
Money value per person in a week (dollars)								
All households	0.071	0.049	0.010	0.002	0.335	0.142	0.139	0.046
Under \$5,000	0.089	0.054	0.013	0.002	0.305	0.139	0.109	0.053
\$5,000-\$9,999	0.068	0.049	0.011	0.004	0.342	0.143	0.128	0.065
\$10,000-\$14,999	0.058	0.038	0.009	*	0.316	0.126	0.148	0.035
\$15,000-\$19,999	0.061	0.037	0.008	0.000	0.331	0.146	0.136	0.037
\$20,000 and over	0.071	0.053	0.009	0.001	0.327	0.121	0.163	0.042
Not classified	0.081	0.058	0.013	0.003	0.365	0.171	0.138	0.046
Households using in a week (percent)								
All households	44.9	36.6	6.2	1.6	76.1	43.3	53.5	11.7
Under \$5,000	39.5	31.0	5.4	1.2	64.0	32.0	37.6	10.6
\$5,000-\$9,999	41.2	34.9	6.0	3.0	76.1	43.8	50.8	16.8
\$10,000-\$14,999	40.6	33.2	6.3	0.5	76.0	43.8	56.6	10.7
\$15,000-\$19,999	48.5	38.6	5.7	0.0	77.2	45.6	56.3	9.3
\$20,000 and over	54.9	45.3	6.6	1.7	82.7	45.2	65.4	12.6
Not classified	44.9	36.3	7.1	2.1	78.5	47.5	53.7	9.5

¹See "Table Notes"

Table 10.4.—Vegetables—Continued

UNITED STATES

Nonmetropolitan

Money income before taxes in 1976	Other vegetables ¹							Soup, mixtures ¹
	Total ¹	Fresh	Commer- cially canned ¹	Home canned	Commer- cially frozen	Home frozen	Dried ¹	
(1)	(20)	(21)	(22)	(23)	(24)	(25)	(26)	(27)
Quantity per person in a week (pounds)								
All households	2.560	1.522	0.571	0.173	0.095	0.106	0.002	0.073
Under \$5,000	2.766	1.564	0.663	0.259	0.071	0.146	*	0.097
\$5,000-\$9,999	2.679	1.510	0.647	0.221	0.091	0.119	0.004	0.077
\$10,000-\$14,999	2.218	1.240	0.528	0.157	0.066	0.148	0.001	0.090
\$15,000-\$19,999	2.434	1.510	0.491	0.148	0.088	0.078	0.001	0.069
\$20,000 and over	2.533	1.512	0.544	0.126	0.134	0.094	0.002	0.058
Not classified	2.712	1.726	0.570	0.163	0.101	0.076	0.001	0.061
Money value per person in a week (dollars)								
All households	1.038	0.568	0.204	0.079	0.061	0.060	0.003	0.040
Under \$5,000	1.119	0.582	0.253	0.115	0.045	0.087	0.001	0.053
\$5,000-\$9,999	1.043	0.540	0.220	0.103	0.060	0.066	0.004	0.039
\$10,000-\$14,999	0.927	0.474	0.196	0.073	0.047	0.085	0.002	0.049
\$15,000-\$19,999	0.996	0.550	0.186	0.069	0.049	0.042	0.003	0.044
\$20,000 and over	1.104	0.613	0.195	0.057	0.086	0.053	0.005	0.036
Not classified	1.045	0.624	0.193	0.072	0.066	0.042	0.003	0.032
Households using in a week (percent)								
All households	97.7	90.5	61.3	19.6	20.4	15.5	4.8	20.2
Under \$5,000	96.1	85.8	56.3	21.4	13.8	14.9	1.5	13.0
\$5,000-\$9,999	97.3	88.4	63.2	21.6	20.8	14.6	4.4	19.8
\$10,000-\$14,999	97.9	89.8	57.5	16.0	15.4	20.9	4.5	22.9
\$15,000-\$19,999	98.1	92.9	64.1	22.4	19.0	15.6	6.1	26.4
\$20,000 and over	98.9	97.2	64.5	18.4	28.1	14.6	6.8	25.0
Not classified	97.9	89.5	61.6	18.6	22.8	13.7	5.1	16.2

¹See "Table Notes"

Table 10.5.—Fruits

UNITED STATES

All urbanizations

Money income before taxes in 1976	Total ¹	Citrus				Other vitamin C-rich ¹				
		Total (juice equiv- alent) ¹	Fresh	Commer- cially canned	Commer- cially frozen	Total	Fresh	Commer- cially canned	Commer- cially frozen	Home frozen
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)
Quantity per person in a week (pounds)										
All households	3.995	1.726	1.016	0.255	0.232	0.317	0.304	*	0.006	0.007
Under \$5,000	3.512	1.644	1.156	0.252	0.183	0.269	0.260	0.000	0.006	0.003
\$5,000-\$9,999	3.863	1.691	1.043	0.268	0.225	0.257	0.235	0.000	0.007	0.015
\$10,000-\$14,999	3.801	1.447	0.945	0.205	0.180	0.320	0.305	0.000	0.005	0.009
\$15,000-\$19,999	3.627	1.632	0.949	0.228	0.212	0.262	0.254	*	0.005	0.003
\$20,000 and over	4.500	2.005	1.108	0.240	0.301	0.394	0.381	*	0.006	0.007
Not classified	4.170	1.769	0.928	0.325	0.240	0.339	0.328	0.000	0.006	0.005
Money value per person in a week (dollars)										
All households	1.283	0.432	0.217	0.069	0.143	0.113	0.104	*	0.005	0.004
Under \$5,000	1.189	0.453	0.266	0.071	0.114	0.114	0.108	0.000	0.004	0.002
\$5,000-\$9,999	1.192	0.420	0.211	0.069	0.138	0.082	0.067	0.000	0.005	0.009
\$10,000-\$14,999	1.167	0.370	0.201	0.054	0.114	0.098	0.089	0.000	0.005	0.005
\$15,000-\$19,999	1.166	0.408	0.204	0.065	0.137	0.098	0.093	*	0.004	0.002
\$20,000 and over	1.469	0.489	0.236	0.064	0.183	0.134	0.127	*	0.004	0.003
Not classified	1.364	0.434	0.198	0.087	0.144	0.133	0.125	0.000	0.005	0.003
Households using in a week (percent)										
All households	94.8	78.0	51.7	21.3	38.6	25.6	23.1	*	1.5	1.4
Under \$5,000	89.9	70.8	47.0	16.7	26.6	19.5	18.4	0.0	0.9	0.4
\$5,000-\$9,999	93.9	76.6	49.3	21.6	36.8	21.5	17.5	0.0	2.1	2.2
\$10,000-\$14,999	93.7	77.3	51.5	18.4	36.2	22.4	20.2	0.0	1.2	2.0
\$15,000-\$19,999	95.8	79.2	53.1	22.8	39.8	26.9	24.9	0.2	1.1	0.8
\$20,000 and over	98.3	85.6	60.1	23.5	49.5	34.1	31.4	0.1	1.6	1.4
Not classified	95.7	76.2	47.8	23.3	38.5	26.6	24.1	0.0	2.0	1.3

¹See "Table Notes"

Table 10.5.—Fruits—Continued

UNITED STATES

All urbanizations

Money income before taxes in 1976	Other fruits ¹							Mixtures ¹
	Total	Fresh	Commer- cially canned	Home canned	Commer- cially frozen	Home frozen	Dried	
(1)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)
Quantity per person in a week (pounds)								
All households	2.160	1.561	0.435	0.063	0.027	0.017	0.021	0.007
Under \$5,000	1.645	1.150	0.375	0.036	0.025	0.006	0.024	0.004
\$5,000-\$9,999	2.058	1.488	0.399	0.082	0.019	0.015	0.018	0.010
\$10,000-\$14,999	2.137	1.513	0.457	0.063	0.031	0.014	0.020	0.011
\$15,000-\$19,999	1.964	1.388	0.448	0.039	0.016	0.009	0.019	0.006
\$20,000 and over	2.441	1.820	0.441	0.062	0.032	0.031	0.021	0.004
Not classified	2.322	1.680	0.458	0.081	0.035	0.017	0.026	0.009
Money value per person in a week (dollars)								
All households	0.733	0.466	0.164	0.027	0.019	0.010	0.025	0.005
Under \$5,000	0.619	0.391	0.150	0.016	0.018	0.003	0.027	0.002
\$5,000-\$9,999	0.683	0.434	0.151	0.032	0.014	0.008	0.021	0.008
\$10,000-\$14,999	0.691	0.421	0.166	0.026	0.018	0.008	0.023	0.007
\$15,000-\$19,999	0.653	0.401	0.170	0.017	0.010	0.005	0.021	0.006
\$20,000 and over	0.843	0.561	0.165	0.027	0.024	0.018	0.027	0.002
Not classified	0.792	0.502	0.177	0.035	0.023	0.011	0.030	0.005
Households using in a week (percent)								
All households	85.9	74.7	41.0	6.2	5.2	2.6	10.0	1.6
Under \$5,000	75.0	62.4	30.3	4.3	4.0	0.6	8.1	0.4
\$5,000-\$9,999	81.7	70.8	35.3	7.3	4.2	2.4	7.9	1.3
\$10,000-\$14,999	85.7	71.9	42.8	6.4	6.5	2.1	9.5	3.7
\$15,000-\$19,999	88.5	77.8	44.7	4.5	4.8	2.0	10.4	2.1
\$20,000 and over	93.0	85.4	48.1	5.7	5.3	4.5	11.1	0.9
Not classified	88.8	76.2	42.3	7.8	5.9	3.1	12.3	1.2

¹See "Table Notes"

Table 10.5.—Fruits

UNITED STATES

Central city

Money income before taxes in 1976	Total ¹	Citrus				Other vitamin C-rich ¹				
		Total (juice equiv- alent) ¹	Fresh	Commer- cially canned	Commer- cially frozen	Total	Fresh	Commer- cially canned	Commer- cially frozen	Home frozen
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)
Quantity per person in a week (pounds)										
All households	4.521	2.021	1.364	0.304	0.235	0.327	0.319	*	0.005	0.003
Under \$5,000	3.906	2.014	1.503	0.244	0.212	0.234	0.231	0.000	0.003	0.000
\$5,000-\$9,999	4.049	1.967	1.449	0.248	0.221	0.149	0.137	0.000	0.008	0.004
\$10,000-\$14,999	4.278	1.779	1.259	0.202	0.220	0.299	0.285	0.000	0.009	0.005
\$15,000-\$19,999	4.030	1.867	1.144	0.294	0.231	0.333	0.321	0.002	0.010	0.000
\$20,000 and over	5.430	2.339	1.468	0.411	0.301	0.454	0.445	0.000	0.002	0.007
Not classified	5.133	2.115	1.335	0.410	0.216	0.464	0.462	0.000	0.002	0.000
Money value per person in a week (dollars)										
All households	1.411	0.530	0.288	0.083	0.153	0.106	0.100	*	0.005	0.001
Under \$5,000	1.278	0.570	0.352	0.075	0.136	0.089	0.086	0.000	0.003	0.000
\$5,000-\$9,999	1.253	0.520	0.289	0.068	0.157	0.055	0.048	0.000	0.005	0.002
\$10,000-\$14,999	1.279	0.455	0.253	0.062	0.139	0.090	0.078	0.000	0.010	0.002
\$15,000-\$19,999	1.219	0.471	0.237	0.075	0.154	0.111	0.103	0.001	0.007	0.000
\$20,000 and over	1.688	0.613	0.307	0.098	0.201	0.115	0.110	0.000	0.002	0.003
Not classified	1.661	0.544	0.291	0.116	0.127	0.175	0.173	0.000	0.002	0.000
Households using in a week (percent)										
All households	95.0	80.9	57.9	20.7	35.9	22.9	21.5	0.1	1.0	0.5
Under \$5,000	92.4	78.4	55.7	16.4	28.5	20.0	19.4	0.0	0.6	0.0
\$5,000-\$9,999	94.7	78.3	57.0	19.1	30.2	14.7	12.2	0.0	1.6	0.8
\$10,000-\$14,999	94.8	83.8	59.5	19.0	42.3	19.9	19.4	0.0	0.7	0.5
\$15,000-\$19,999	95.0	80.6	62.5	23.2	34.7	33.0	29.8	0.8	2.5	0.0
\$20,000 and over	97.2	85.4	62.4	24.4	47.5	26.1	24.3	0.0	0.5	1.6
Not classified	96.5	80.0	53.0	23.7	34.2	28.6	28.2	0.0	0.5	0.0

¹ See "Table Notes"

UNITED STATES

Central city

Table 10.5.—Fruits—Continued

Money income before taxes in 1976	Other fruits ¹							Mixtures ¹
	Total	Fresh	Commer- cially canned	Home canned	Commer- cially frozen	Home frozen	Dried	
(1)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)
Quantity per person in a week (pounds)								
All households	2.280	1.734	0.442	0.023	0.020	0.005	0.018	0.003
Under \$5,000	1.706	1.316	0.293	0.008	0.009	0.002	0.031	0.000
\$5,000-\$9,999	1.976	1.469	0.429	0.016	0.022	0.001	0.012	0.000
\$10,000-\$14,999	2.289	1.722	0.479	0.017	0.034	0.012	0.013	0.007
\$15,000-\$19,999	2.011	1.527	0.385	0.015	0.009	0.000	0.017	0.007
\$20,000 and over	2.785	2.251	0.424	0.015	0.008	0.013	0.018	0.002
Not classified	2.691	1.943	0.601	0.061	0.030	0.003	0.020	0.000
Money value per person in a week (dollars)								
All households	0.772	0.539	0.165	0.009	0.013	0.003	0.020	0.002
Under \$5,000	0.619	0.440	0.115	0.004	0.005	0.001	0.029	0.000
\$5,000-\$9,999	0.678	0.450	0.178	0.006	0.015	*	0.011	0.000
\$10,000-\$14,999	0.730	0.498	0.177	0.007	0.020	0.005	0.017	0.004
\$15,000-\$19,999	0.627	0.421	0.131	0.005	0.007	0.000	0.020	0.010
\$20,000 and over	0.959	0.723	0.160	0.008	0.005	0.009	0.022	0.002
Not classified	0.942	0.641	0.212	0.023	0.025	0.001	0.022	0.000
Households using in a week (percent)								
All households	84.8	75.1	36.2	2.6	3.5	1.1	8.2	0.7
Under \$5,000	73.8	66.9	20.8	1.4	1.7	0.6	8.0	0.0
\$5,000-\$9,999	80.4	70.0	33.4	2.9	4.5	0.5	5.3	0.0
\$10,000-\$14,999	87.4	73.1	40.7	2.1	5.8	1.6	6.8	2.4
\$15,000-\$19,999	90.3	82.8	34.5	3.3	2.6	0.0	10.0	1.9
\$20,000 and over	91.9	85.1	44.1	1.2	2.1	2.7	9.9	0.6
Not classified	89.5	77.5	45.7	5.1	4.1	0.9	10.2	0.0

¹See "Table Notes"

UNITED STATES

Suburban

Table 10.5.—Fruits

Money income before taxes in 1976	Total ¹	Citrus				Other vitamin C-rich ¹				
		Total (juice equiv- alent) ¹	Fresh	Commer- cially canned	Commer- cially frozen	Total	Fresh	Commer- cially canned	Commer- cially frozen	Home frozen
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)
Quantity per person in a week (pounds)										
All households	4.101	1.789	1.026	0.201	0.261	0.374	0.362	0.000	0.006	0.007
Under \$5,000	3.009	1.161	0.904	0.135	0.142	0.294	0.278	0.000	0.008	0.008
\$5,000-\$9,999	4.054	1.839	1.140	0.301	0.244	0.332	0.318	0.000	0.008	0.006
\$10,000-\$14,999	3.935	1.444	1.011	0.228	0.161	0.418	0.411	0.000	0.001	0.006
\$15,000-\$19,999	3.589	1.731	0.979	0.185	0.232	0.314	0.303	0.000	0.005	0.005
\$20,000 and over	4.454	2.127	1.117	0.170	0.343	0.401	0.387	0.000	0.006	0.008
Not classified	4.425	1.721	0.889	0.188	0.280	0.397	0.383	0.000	0.006	0.007
Money value per person in a week (dollars)										
All households	1.346	0.430	0.222	0.052	0.152	0.135	0.127	0.000	0.004	0.003
Under \$5,000	1.114	0.338	0.208	0.034	0.097	0.142	0.130	0.000	0.006	0.006
\$5,000-\$9,999	1.313	0.465	0.250	0.074	0.141	0.097	0.088	0.000	0.006	0.003
\$10,000-\$14,999	1.175	0.370	0.220	0.050	0.097	0.116	0.112	0.000	0.001	0.003
\$15,000-\$19,999	1.244	0.429	0.225	0.057	0.145	0.126	0.118	0.000	0.005	0.003
\$20,000 and over	1.481	0.486	0.238	0.045	0.195	0.156	0.149	0.000	0.004	0.003
Not classified	1.440	0.394	0.185	0.048	0.159	0.149	0.139	0.000	0.005	0.005
Households using in a week (percent)										
All households	96.0	80.3	55.2	20.4	43.0	30.7	28.0	0.0	1.7	1.5
Under \$5,000	86.8	63.9	44.8	11.5	26.9	20.2	18.2	0.0	1.0	0.9
\$5,000-\$9,999	95.1	81.6	55.0	23.5	39.9	24.4	21.2	0.0	2.6	0.6
\$10,000-\$14,999	93.7	76.9	53.1	17.5	31.7	24.6	22.9	0.0	0.5	1.9
\$15,000-\$19,999	96.6	80.6	52.3	23.2	43.9	31.0	29.1	0.0	1.1	1.3
\$20,000 and over	99.4	88.2	64.6	21.8	54.8	42.2	38.8	0.0	2.2	1.5
Not classified	97.5	78.4	51.1	20.3	44.2	29.3	26.3	0.0	2.2	2.1

¹See "Table Notes"

Table 10.5.—Fruits—Continued

UNITED STATES

Suburban

Money income before taxes in 1976	Other fruits ¹							Mixtures ¹
	Total	Fresh	Commer- cially canned	Home canned	Commer- cially frozen	Home frozen	Dried	
(1)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)
Quantity per person in a week (pounds)								
All households	2.217	1.618	0.423	0.061	0.034	0.016	0.024	0.014
Under \$5,000	1.520	1.000	0.397	0.012	0.081	0.000	0.022	0.014
\$5,000-\$9,999	2.009	1.558	0.301	0.059	0.009	0.003	0.015	0.028
\$10,000-\$14,999	2.097	1.422	0.481	0.075	0.034	0.005	0.027	0.014
\$15,000-\$19,999	1.871	1.294	0.457	0.039	0.008	0.007	0.025	0.005
\$20,000 and over	2.396	1.784	0.425	0.059	0.047	0.026	0.023	0.007
Not classified	2.645	1.985	0.438	0.084	0.037	0.029	0.030	0.021
Money value per person in a week (dollars)								
All households	0.772	0.494	0.162	0.027	0.023	0.010	0.030	0.009
Under \$5,000	0.625	0.349	0.174	0.005	0.061	0.000	0.032	0.008
\$5,000-\$9,999	0.728	0.530	0.106	0.024	0.006	0.001	0.018	0.023
\$10,000-\$14,999	0.680	0.393	0.165	0.030	0.021	0.004	0.031	0.009
\$15,000-\$19,999	0.686	0.406	0.201	0.018	0.006	0.003	0.027	0.003
\$20,000 and over	0.835	0.554	0.152	0.028	0.037	0.015	0.030	0.004
Not classified	0.885	0.566	0.179	0.038	0.018	0.019	0.041	0.012
Households using in a week (percent)								
All households	88.1	78.8	44.2	6.2	6.5	2.7	11.5	2.8
Under \$5,000	77.6	58.8	41.0	2.9	11.6	0.0	8.7	1.0
\$5,000-\$9,999	79.1	71.5	29.9	7.1	2.5	0.4	8.4	3.2
\$10,000-\$14,999	86.5	73.6	46.5	7.1	8.5	1.2	10.9	5.5
\$15,000-\$19,999	87.8	76.9	47.7	4.3	3.0	1.1	10.4	2.5
\$20,000 and over	94.4	90.3	49.3	5.5	8.0	4.8	12.6	1.6
Not classified	92.6	82.6	45.9	8.2	6.2	4.9	14.9	2.9

¹See "Table Notes"

Table 10.5.—Fruits

UNITED STATES

Nonmetropolitan

Money income before taxes in 1976	Total ¹	Citrus				Other vitamin C-rich ¹				
		Total (juice equiv- alent) ¹	Fresh	Commer- cially canned	Commer- cially frozen	Total	Fresh	Commer- cially canned	Commer- cially frozen	Home frozen
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)
Quantity per person in a week (pounds)										
All households	3.451	1.419	0.725	0.276	0.197	0.246	0.229	*	0.006	0.011
Under \$5,000	3.356	1.505	0.907	0.332	0.173	0.295	0.282	0.000	0.009	0.004
\$5,000-\$9,999	3.566	1.364	0.663	0.256	0.211	0.275	0.239	0.000	0.006	0.030
\$10,000-\$14,999	3.194	1.131	0.571	0.182	0.161	0.232	0.210	0.000	0.006	0.015
\$15,000-\$19,999	3.374	1.335	0.768	0.230	0.174	0.146	0.144	0.000	0.000	0.002
\$20,000 and over	3.836	1.520	0.803	0.226	0.224	0.333	0.320	0.001	0.008	0.004
Not classified	3.303	1.596	0.708	0.407	0.214	0.201	0.186	0.000	0.009	0.006
Money value per person in a week (dollars)										
All households	1.108	0.355	0.153	0.076	0.125	0.093	0.081	*	0.005	0.007
Under \$5,000	1.133	0.388	0.201	0.088	0.100	0.128	0.119	0.000	0.005	0.003
\$5,000-\$9,999	1.047	0.308	0.122	0.065	0.121	0.089	0.063	0.000	0.005	0.021
\$10,000-\$14,999	1.050	0.289	0.130	0.049	0.107	0.088	0.075	0.000	0.004	0.009
\$15,000-\$19,999	1.031	0.337	0.154	0.068	0.114	0.056	0.054	0.000	0.000	0.001
\$20,000 and over	1.272	0.396	0.176	0.071	0.148	0.112	0.103	*	0.007	0.002
Not classified	1.099	0.402	0.151	0.108	0.140	0.091	0.080	0.000	0.007	0.004
Households using in a week (percent)										
All households	93.3	72.7	42.2	22.8	36.3	22.5	19.2	0.1	1.8	2.1
Under \$5,000	88.8	65.9	37.7	20.3	24.0	18.4	17.4	0.0	1.3	0.5
\$5,000-\$9,999	92.2	70.7	37.4	22.2	39.9	25.2	18.8	0.0	2.2	4.9
\$10,000-\$14,999	92.6	71.2	41.5	18.7	35.0	22.4	17.9	0.0	2.4	3.7
\$15,000-\$19,999	95.4	76.4	46.5	22.0	39.1	17.0	16.2	0.0	0.0	0.8
\$20,000 and over	97.5	81.2	50.6	25.8	42.1	27.0	24.7	0.4	1.4	0.9
Not classified	93.3	71.2	40.6	25.9	36.0	22.4	19.0	0.0	2.9	1.3

¹See "Table Notes"

UNITED STATES

Table 10.5.—Fruits—Continued

Nonmetropolitan

Money income before taxes in 1976	Other fruits ¹							Mixtures ¹
	Total	Fresh	Commer- cially canned	Home canned	Commer- cially frozen	Home frozen	Dried	
(1)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)
Quantity per person in a week (pounds)								
All households	1.999	1.358	0.443	0.099	0.026	0.029	0.020	0.003
Under \$5,000	1.648	1.049	0.458	0.082	0.009	0.015	0.017	0.001
\$5,000-\$9,999	2.158	1.444	0.459	0.150	0.024	0.037	0.024	0.002
\$10,000-\$14,999	2.034	1.411	0.409	0.095	0.023	0.026	0.019	0.011
\$15,000-\$19,999	2.042	1.401	0.484	0.057	0.030	0.019	0.013	0.006
\$20,000 and over	2.246	1.541	0.484	0.103	0.024	0.056	0.019	0.000
Not classified	1.766	1.209	0.386	0.091	0.036	0.015	0.026	0.002
Money value per person in a week (dollars)								
All households	0.658	0.376	0.167	0.041	0.019	0.016	0.024	0.003
Under \$5,000	0.616	0.359	0.176	0.036	0.007	0.006	0.022	0.001
\$5,000-\$9,999	0.649	0.342	0.168	0.057	0.020	0.018	0.032	0.001
\$10,000-\$14,999	0.666	0.378	0.158	0.041	0.013	0.016	0.022	0.008
\$15,000-\$19,999	0.632	0.381	0.162	0.024	0.018	0.010	0.015	0.006
\$20,000 and over	0.764	0.445	0.191	0.041	0.018	0.030	0.024	0.000
Not classified	0.605	0.350	0.153	0.040	0.027	0.009	0.024	0.001
Households using in a week (percent)								
All households	84.6	70.0	41.7	9.4	5.3	4.0	10.1	1.0
Under \$5,000	75.0	59.4	35.1	8.5	2.2	1.1	7.8	0.5
\$5,000-\$9,999	85.2	70.8	41.8	11.4	5.6	5.8	9.9	0.8
\$10,000-\$14,999	83.0	69.0	40.8	10.0	5.0	3.7	10.7	3.1
\$15,000-\$19,999	87.9	74.8	49.7	5.8	8.7	4.7	10.8	1.8
\$20,000 and over	91.5	77.4	49.6	9.9	3.4	5.4	9.6	0.0
Not classified	84.4	68.8	36.1	9.5	6.9	2.9	11.3	0.3

¹See "Table Notes"

Table 10.6.—Grain products

UNITED STATES

All urbanizations

Money income before taxes in 1976	Enriched, whole grain						Not enriched or whole grain					
	Total (flour equiv- alent) ¹	Flour	Cereal, pastes	Bread	Other bakery products ¹	Mixtures ¹	Total (flour equiv- alent) ¹	Flour	Cereal, pastes	Bread	Other bakery products	Soup, mixtures ¹
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
Quantity per person in a week (pounds)												
All households	2.087	0.429	0.788	0.957	0.746	0.113	0.108	0.013	0.022	0.034	0.039	0.120
Under \$5,000	2.392	0.513	1.008	1.011	0.640	0.098	0.084	0.010	0.019	0.018	0.025	0.132
\$5,000-\$9,999	2.129	0.468	0.833	0.928	0.639	0.125	0.119	0.017	0.029	0.032	0.040	0.112
\$10,000-\$14,999	2.131	0.419	0.804	1.046	0.723	0.103	0.102	0.015	0.024	0.027	0.030	0.136
\$15,000-\$19,999	1.838	0.386	0.661	0.852	0.749	0.102	0.130	0.018	0.022	0.053	0.046	0.116
\$20,000 and over	1.985	0.356	0.727	0.955	0.858	0.134	0.113	0.015	0.014	0.042	0.051	0.114
Not classified	2.172	0.479	0.798	0.961	0.772	0.104	0.094	0.005	0.027	0.026	0.035	0.118
Money value per person in a week (dollars)												
All households	1.812	0.131	0.513	0.414	0.656	0.097	0.181	0.005	0.011	0.021	0.045	0.094
Under \$5,000	1.765	0.138	0.588	0.436	0.528	0.075	0.136	0.003	0.007	0.008	0.029	0.083
\$5,000-\$9,999	1.672	0.126	0.521	0.390	0.529	0.106	0.160	0.006	0.011	0.018	0.040	0.077
\$10,000-\$14,999	1.748	0.126	0.521	0.423	0.594	0.083	0.178	0.006	0.014	0.015	0.038	0.100
\$15,000-\$19,999	1.702	0.132	0.443	0.373	0.676	0.078	0.200	0.004	0.011	0.026	0.058	0.097
\$20,000 and over	2.012	0.128	0.523	0.435	0.797	0.129	0.214	0.005	0.009	0.030	0.057	0.109
Not classified	1.849	0.137	0.506	0.423	0.692	0.091	0.168	0.003	0.013	0.018	0.041	0.087
Households using in a week (percent)												
All households	99.6	62.6	90.8	95.0	88.2	23.4	46.4	2.5	7.8	6.9	16.0	25.9
Under \$5,000	99.8	56.3	91.6	93.3	78.7	16.7	33.7	1.6	6.3	3.5	8.7	20.4
\$5,000-\$9,999	99.8	57.6	89.3	93.7	85.5	23.1	41.0	2.3	5.3	5.9	13.5	24.8
\$10,000-\$14,999	98.9	62.1	90.1	95.6	91.6	23.7	50.5	4.4	10.8	5.6	15.0	29.3
\$15,000-\$19,999	100.0	69.7	92.2	96.3	90.4	25.1	54.7	0.9	7.7	9.0	19.6	30.0
\$20,000 and over	99.7	63.7	92.0	95.9	93.0	26.2	54.8	3.4	8.7	10.1	23.1	28.1
Not classified	99.8	66.4	90.0	95.0	88.1	24.3	43.0	1.9	8.1	6.7	14.8	23.4

¹See "Table Notes"

Table 10.6.—Grain products

UNITED STATES

Central city

Money income before taxes in 1976	Enriched, whole grain						Not enriched or whole grain					
	Total (flour equiv- alent) ¹	Flour	Cereal, pastes	Bread	Other bakery products ¹	Mixtures ¹	Total (flour equiv- alent) ¹	Flour	Cereal, pastes	Bread	Other bakery products ¹	Soup, mixtures ¹
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
Quantity per person in a week (pounds)												
All households	2,085	0.366	0.888	0.972	0.653	0.108	0.120	0.019	0.029	0.042	0.033	0.119
Under \$5,000	2,247	0.380	1.112	0.938	0.523	0.090	0.105	0.020	0.030	0.025	0.016	0.148
\$5,000-\$9,999	1,962	0.246	0.886	0.936	0.594	0.146	0.123	0.023	0.011	0.027	0.055	0.122
\$10,000-\$14,999	2,087	0.386	0.849	1.053	0.631	0.104	0.101	0.006	0.039	0.025	0.026	0.127
\$15,000-\$19,999	1,763	0.362	0.699	0.831	0.622	0.051	0.182	0.052	0.024	0.095	0.038	0.081
\$20,000 and over	1,966	0.267	0.817	1.020	0.724	0.137	0.109	0.017	0.016	0.061	0.028	0.099
Not classified	2,437	0.556	0.964	1.001	0.784	0.104	0.115	0.003	0.054	0.029	0.033	0.135
Money value per person in a week (dollars)												
All households	1.816	0.125	0.556	0.456	0.585	0.095	0.173	0.006	0.014	0.028	0.035	0.084
Under \$5,000	1.722	0.117	0.641	0.446	0.447	0.071	0.140	0.007	0.010	0.009	0.019	0.089
\$5,000-\$9,999	1.660	0.082	0.513	0.423	0.512	0.130	0.197	0.009	0.007	0.018	0.050	0.105
\$10,000-\$14,999	1.787	0.137	0.518	0.504	0.547	0.082	0.157	0.003	0.023	0.018	0.030	0.071
\$15,000-\$19,999	1.640	0.145	0.475	0.395	0.581	0.045	0.181	0.009	0.012	0.049	0.041	0.069
\$20,000 and over	1.946	0.108	0.565	0.463	0.678	0.131	0.171	0.005	0.008	0.049	0.030	0.078
Not classified	2,064	0.162	0.617	0.486	0.708	0.092	0.191	0.003	0.024	0.023	0.040	0.090
Households using in a week (percent)												
All households	99.3	55.0	89.2	94.6	83.3	20.0	45.1	2.7	8.4	7.2	12.1	24.1
Under \$5,000	99.4	47.5	92.3	93.4	69.1	16.1	37.5	2.7	7.1	3.8	7.1	23.8
\$5,000-\$9,999	99.3	42.7	84.7	92.9	84.0	23.7	43.4	4.2	3.3	4.6	12.4	29.4
\$10,000-\$14,999	97.5	60.9	86.7	94.5	90.1	21.2	50.5	2.8	12.3	5.1	13.6	24.1
\$15,000-\$19,999	100.0	69.7	94.5	96.9	83.8	11.9	51.9	1.6	11.1	11.4	16.0	23.6
\$20,000 and over	100.0	58.5	89.3	95.1	86.9	22.5	46.8	2.9	6.6	11.7	12.8	20.3
Not classified	100.0	58.2	89.3	95.9	88.2	22.4	44.0	1.3	11.7	9.2	12.8	22.7

¹See "Table Notes"

UNITED STATES

Table 10.6.—Grain products

Suburban

Money income before taxes in 1976	Enriched, whole grain						Not enriched or whole grain					
	Total (flour equiv- alent) ¹	Flour	Cereal, pastes	Bread	Other bakery products ¹	Mixtures ¹	Total (flour equiv- alent) ¹	Flour	Cereal, pastes	Bread	Other bakery products ¹	Soup, mixtures ¹
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
Quantity per person in a week (pounds)												
All households	1.976	0.354	0.724	0.953	0.818	0.114	0.124	0.012	0.025	0.044	0.046	0.123
Under \$5,000	2.097	0.325	0.827	1.102	0.610	0.110	0.083	0.002	0.014	0.007	0.040	0.123
\$5,000-\$9,999	2.119	0.426	0.867	0.913	0.673	0.110	0.182	0.028	0.064	0.058	0.039	0.115
\$10,000-\$14,999	2.096	0.404	0.764	1.059	0.721	0.100	0.124	0.031	0.020	0.039	0.033	0.131
\$15,000-\$19,999	1.795	0.332	0.653	0.853	0.787	0.118	0.142	0.000	0.032	0.070	0.055	0.127
\$20,000 and over	1.958	0.313	0.708	0.934	0.976	0.125	0.111	0.009	0.010	0.045	0.054	0.115
Not classified	1.923	0.352	0.648	0.966	0.833	0.108	0.101	0.004	0.020	0.027	0.041	0.135
Money value per person in a week (dollars)												
All households	1.888	0.119	0.502	0.418	0.755	0.094	0.206	0.004	0.012	0.024	0.055	0.105
Under \$5,000	1.724	0.116	0.541	0.471	0.521	0.075	0.194	*	0.006	0.004	0.046	0.126
\$5,000-\$9,999	1.724	0.120	0.569	0.399	0.554	0.082	0.170	0.006	0.020	0.029	0.040	0.066
\$10,000-\$14,999	1.776	0.127	0.523	0.403	0.638	0.086	0.185	0.012	0.011	0.018	0.047	0.096
\$15,000-\$19,999	1.793	0.109	0.434	0.386	0.783	0.082	0.250	0.000	0.016	0.033	0.079	0.114
\$20,000 and over	2.129	0.126	0.517	0.446	0.923	0.118	0.218	0.004	0.007	0.031	0.061	0.112
Not classified	1.841	0.109	0.459	0.413	0.771	0.089	0.194	0.002	0.012	0.014	0.044	0.118
Households using in a week (percent)												
All households	99.8	61.7	90.6	95.8	90.8	25.5	50.7	2.7	8.3	9.4	19.1	28.5
Under \$5,000	100.0	54.2	89.7	97.0	86.0	19.5	34.6	0.8	7.6	2.0	12.8	19.5
\$5,000-\$9,999	100.0	56.5	87.8	96.1	83.9	20.4	42.7	1.5	6.2	9.8	14.7	22.3
\$10,000-\$14,999	100.0	61.9	93.1	96.4	93.2	25.5	52.4	7.3	10.9	7.2	15.4	31.3
\$15,000-\$19,999	100.0	62.6	93.3	95.7	95.2	30.9	58.2	0.0	7.6	13.3	22.4	33.0
\$20,000 and over	99.7	65.4	92.9	96.5	95.5	26.4	57.3	3.5	8.8	12.3	26.2	31.0
Not classified	99.7	63.2	86.7	94.0	87.2	27.4	48.6	1.7	8.1	7.2	16.6	28.6

¹See "Table Notes"

Table 10.6.—Grain products

UNITED STATES

Nonmetropolitan

Money income before taxes in 1976	Enriched, whole grain						Not enriched or whole grain					
	Total (flour equiv- alent) ¹	Flour	Cereal, pastes	Bread	Other bakery products ¹	Mixtures ¹	Total (flour equiv- alent) ¹	Flour	Cereal, pastes	Bread	Other bakery products ¹	Soup, mixtures ¹
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
Quantity per person in a week (pounds)												
All households	2.212	0.563	0.779	0.950	0.742	0.117	0.080	0.010	0.014	0.016	0.038	0.117
Under \$5,000	2.735	0.779	0.994	1.042	0.792	0.101	0.060	0.003	0.010	0.016	0.026	0.120
\$5,000-\$9,999	2.262	0.667	0.765	0.934	0.643	0.121	0.063	0.004	0.014	0.013	0.031	0.102
\$10,000-\$14,999	2.209	0.467	0.802	1.025	0.813	0.106	0.079	0.007	0.014	0.016	0.032	0.150
\$15,000-\$19,999	1.947	0.471	0.643	0.867	0.796	0.121	0.076	0.013	0.009	0.002	0.042	0.129
\$20,000 and over	2.048	0.504	0.688	0.940	0.757	0.147	0.121	0.024	0.019	0.022	0.062	0.125
Not classified	2.248	0.557	0.842	0.930	0.702	0.100	0.073	0.007	0.017	0.023	0.030	0.091
Money value per person in a week (dollars)												
All households	1.724	0.150	0.492	0.376	0.603	0.103	0.159	0.004	0.007	0.011	0.044	0.089
Under \$5,000	1.840	0.176	0.554	0.404	0.627	0.078	0.097	0.001	0.004	0.010	0.030	0.052
\$5,000-\$9,999	1.638	0.165	0.487	0.357	0.522	0.107	0.124	0.003	0.007	0.009	0.033	0.065
\$10,000-\$14,999	1.680	0.116	0.521	0.368	0.594	0.081	0.191	0.002	0.008	0.009	0.037	0.134
\$15,000-\$19,999	1.636	0.152	0.430	0.340	0.615	0.098	0.155	0.004	0.004	0.002	0.047	0.098
\$20,000 and over	1.856	0.150	0.498	0.394	0.668	0.146	0.240	0.007	0.013	0.014	0.072	0.127
Not classified	1.720	0.147	0.482	0.392	0.605	0.093	0.127	0.005	0.006	0.019	0.038	0.054
Households using in a week (percent)												
All households	99.7	70.5	92.4	94.4	89.6	24.2	42.9	2.1	6.8	4.0	16.3	24.8
Under \$5,000	100.0	68.1	91.9	90.9	85.7	15.7	28.6	0.6	4.5	4.1	8.0	16.9
\$5,000-\$9,999	100.0	71.9	94.9	92.4	88.1	24.9	37.3	1.2	6.5	3.7	13.5	22.8
\$10,000-\$14,999	99.3	63.5	90.2	95.8	91.4	24.2	48.5	2.9	9.0	4.3	16.1	32.2
\$15,000-\$19,999	100.0	77.9	88.9	96.5	90.2	29.2	52.9	1.5	5.2	2.0	19.2	31.7
\$20,000 and over	99.5	65.1	92.6	95.6	93.9	29.2	57.3	3.6	10.4	5.1	26.8	29.9
Not classified	99.6	75.6	93.8	95.2	88.8	22.5	36.8	2.5	5.4	4.3	14.6	18.7

¹See "Table Notes"

Table 10.7.—Fats, oils

UNITED STATES

All urbanizations

Money income before taxes in 1976	Total	Butter	Margarine	Salad dressing, oil ¹	Lard ¹	Vegetable shortening ¹
(1)	(2)	(3)	(4)	(5)	(6)	(7)
Quantity per person in a week (pounds)						
All households	0.715	0.061	0.236	0.315	0.012	0.091
Under \$5,000	0.697	0.046	0.238	0.286	0.030	0.096
\$5,000-\$9,999	0.741	0.048	0.238	0.332	0.018	0.105
\$10,000-\$14,999	0.680	0.050	0.225	0.291	0.008	0.106
\$15,000-\$19,999	0.697	0.062	0.226	0.315	0.007	0.087
\$20,000 and over	0.697	0.083	0.228	0.328	0.005	0.053
Not classified	0.766	0.061	0.258	0.319	0.015	0.112
Money value per person in a week (dollars)						
All households	0.490	0.071	0.139	0.221	0.006	0.052
Under \$5,000	0.471	0.055	0.143	0.202	0.018	0.053
\$5,000-\$9,999	0.479	0.057	0.136	0.222	0.010	0.054
\$10,000-\$14,999	0.446	0.057	0.127	0.200	0.004	0.058
\$15,000-\$19,999	0.476	0.068	0.130	0.225	0.004	0.049
\$20,000 and over	0.520	0.098	0.143	0.243	0.003	0.033
Not classified	0.521	0.073	0.152	0.221	0.006	0.068
Households using in a week (percent)						
All households	94.4	25.8	76.5	80.4	2.6	27.9
Under \$5,000	89.9	20.5	68.2	67.8	4.4	21.8
\$5,000-\$9,999	94.2	20.5	75.0	76.8	2.6	25.3
\$10,000-\$14,999	93.6	24.1	78.5	81.9	2.0	32.0
\$15,000-\$19,999	97.7	29.3	81.5	86.5	2.3	29.5
\$20,000 and over	96.3	33.3	78.5	88.4	1.4	24.4
Not classified	94.1	26.0	76.9	79.6	3.2	33.4

¹See "Table Notes"

UNITED STATES

Table 10.7.—Fats, oils

Central city

Money income before taxes in 1976	Total	Butter	Margarine	Salad dressing, oil ¹	Lard ¹	Vegetable shortening ¹
(1)	(2)	(3)	(4)	(5)	(6)	(7)
Quantity per person in a week (pounds)						
All households	0.724	0.063	0.217	0.349	0.012	0.082
Under \$5,000	0.672	0.039	0.205	0.341	0.008	0.079
\$5,000-\$9,999	0.747	0.066	0.211	0.387	0.020	0.064
\$10,000-\$14,999	0.705	0.048	0.233	0.328	0.002	0.095
\$15,000-\$19,999	0.697	0.080	0.207	0.308	0.017	0.085
\$20,000 and over	0.703	0.083	0.200	0.353	0.000	0.067
Not classified	0.805	0.064	0.242	0.372	0.027	0.101
Money value per person in a week (dollars)						
All households	0.518	0.076	0.134	0.254	0.006	0.049
Under \$5,000	0.474	0.048	0.125	0.249	0.004	0.048
\$5,000-\$9,999	0.518	0.080	0.122	0.269	0.012	0.035
\$10,000-\$14,999	0.471	0.055	0.142	0.222	0.001	0.052
\$15,000-\$19,999	0.515	0.092	0.127	0.237	0.009	0.050
\$20,000 and over	0.554	0.097	0.129	0.287	0.000	0.040
Not classified	0.566	0.080	0.154	0.255	0.011	0.066
Households using in a week (percent)						
All households	92.9	27.1	71.5	79.5	2.5	21.6
Under \$5,000	86.2	18.3	63.0	67.4	1.9	17.2
\$5,000-\$9,999	93.3	26.9	67.1	75.9	2.6	14.5
\$10,000-\$14,999	96.1	24.5	79.5	85.3	0.5	24.1
\$15,000-\$19,999	95.4	35.2	76.6	85.8	4.2	22.4
\$20,000 and over	95.1	35.4	73.0	87.2	0.0	22.9
Not classified	93.1	26.7	73.4	80.1	5.9	29.6

¹ See "Table Notes"

UNITED STATES

Suburban

Table 10.7.—Fats, oils

Money income before taxes in 1976	Total	Butter	Margarine	Salad dressing, oil ¹	Lard ¹	Vegetable shortening ¹
(1)	(2)	(3)	(4)	(5)	(6)	(7)
Quantity per person in a week (pounds)						
All households	0.689	0.068	0.236	0.309	0.004	0.072
Under \$5,000	0.621	0.061	0.236	0.233	0.043	0.048
\$5,000-\$9,999	0.758	0.056	0.236	0.368	0.003	0.096
\$10,000-\$14,999	0.619	0.055	0.219	0.268	0.001	0.076
\$15,000-\$19,999	0.705	0.066	0.238	0.318	0.002	0.081
\$20,000 and over	0.674	0.083	0.229	0.315	0.002	0.045
Not classified	0.722	0.065	0.260	0.303	*	0.093
Money value per person in a week (dollars)						
All households	0.479	0.079	0.140	0.217	0.002	0.041
Under \$5,000	0.413	0.072	0.133	0.162	0.022	0.025
\$5,000-\$9,999	0.485	0.066	0.134	0.238	0.002	0.046
\$10,000-\$14,999	0.413	0.064	0.122	0.186	0.001	0.041
\$15,000-\$19,999	0.484	0.071	0.139	0.225	0.001	0.047
\$20,000 and over	0.502	0.099	0.145	0.230	0.001	0.028
Not classified	0.505	0.078	0.155	0.215	*	0.057
Households using in a week (percent)						
All households	95.3	30.3	77.5	81.9	1.3	28.1
Under \$5,000	93.3	30.1	70.4	68.2	4.0	19.8
\$5,000-\$9,999	94.2	21.8	75.7	74.0	0.7	25.0
\$10,000-\$14,999	92.3	27.4	75.5	79.7	2.0	32.7
\$15,000-\$19,999	98.5	32.4	86.6	86.4	1.4	31.2
\$20,000 and over	97.0	37.5	78.9	88.1	0.9	24.6
Not classified	95.0	28.3	75.7	84.0	0.7	33.1

¹See "Table Notes"

Table 10.7.—Fats, oils

UNITED STATES

Nonmetropolitan

Money income before taxes in 1976	Total	Butter	Margarine	Salad dressing, oil ¹	Lard ¹	Vegetable shortening ¹
(1)	(2)	(3)	(4)	(5)	(6)	(7)
Quantity per person in a week (pounds)						
All households	0.738	0.052	0.250	0.293	0.022	0.120
Under \$5,000	0.771	0.046	0.278	0.255	0.048	0.144
\$5,000-\$9,999	0.722	0.029	0.260	0.261	0.028	0.144
\$10,000-\$14,999	0.720	0.048	0.223	0.280	0.020	0.148
\$15,000-\$19,999	0.688	0.045	0.226	0.317	0.006	0.095
\$20,000 and over	0.733	0.082	0.249	0.330	0.014	0.058
Not classified	0.784	0.056	0.265	0.301	0.023	0.139
Money value per person in a week (dollars)						
All households	0.480	0.060	0.143	0.200	0.012	0.066
Under \$5,000	0.502	0.054	0.169	0.171	0.033	0.075
\$5,000-\$9,999	0.446	0.033	0.149	0.173	0.014	0.076
\$10,000-\$14,999	0.458	0.052	0.119	0.193	0.011	0.082
\$15,000-\$19,999	0.436	0.047	0.121	0.216	0.003	0.050
\$20,000 and over	0.524	0.099	0.151	0.230	0.008	0.036
Not classified	0.507	0.064	0.148	0.205	0.010	0.080
Households using in a week (percent)						
All households	94.6	19.9	79.9	79.7	4.1	33.3
Under \$5,000	92.2	17.2	73.1	67.9	7.6	28.5
\$5,000-\$9,999	95.1	13.6	81.4	80.0	4.2	35.2
\$10,000-\$14,999	92.6	20.0	80.7	80.8	3.4	39.3
\$15,000-\$19,999	98.6	20.8	79.6	87.2	1.9	33.5
\$20,000 and over	95.9	24.4	82.4	89.8	3.5	25.5
Not classified	93.9	23.2	80.7	74.6	3.8	36.6

¹ See "Table Notes"

UNITED STATES

All urbanizations

Table 10.8.—Sugar, sweets; miscellaneous foods

Money income before taxes in 1976	Sugar, sweets				Miscellaneous foods			
	Total (sugar equiv- alent) ¹	Sugar, sirup, jelly, candy	Ades, punches, nectars, drinks ¹	Soft drinks, other sweets ¹	Total ¹	Alcoholic beverages	Some nutritive value ¹	Little nutritive value ¹
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)
Quantity per person in a week (pounds)								
All households	1.198	0.838	0.131	0.228	**	0.952	0.175	0.361
Under \$5,000	1.090	0.822	0.085	0.182	**	0.666	0.157	0.231
\$5,000-\$9,999	1.184	0.855	0.116	0.212	**	0.598	0.174	0.266
\$10,000-\$14,999	1.237	0.905	0.111	0.220	**	0.918	0.166	0.279
\$15,000-\$19,999	1.162	0.784	0.127	0.250	**	1.260	0.176	0.294
\$20,000 and over	1.162	0.781	0.137	0.244	**	1.162	0.187	0.564
Not classified	1.295	0.885	0.175	0.235	**	0.932	0.179	0.383
Money value per person in a week (dollars)								
All households	1.083	0.439	0.202	0.443	1.355	0.623	0.639	0.093
Under \$5,000	0.995	0.391	0.211	0.393	1.076	0.401	0.606	0.069
\$5,000-\$9,999	1.030	0.397	0.221	0.412	1.090	0.352	0.673	0.065
\$10,000-\$14,999	1.079	0.444	0.212	0.424	1.150	0.471	0.608	0.070
\$15,000-\$19,999	1.082	0.412	0.195	0.474	1.517	0.845	0.599	0.073
\$20,000 and over	1.164	0.490	0.195	0.479	1.681	0.878	0.659	0.144
Not classified	1.078	0.451	0.186	0.441	1.375	0.614	0.660	0.102
Households using in a week (percent)								
All households	95.2	88.5	45.0	66.8	90.4	33.1	85.8	23.0
Under \$5,000	90.9	81.3	32.1	55.1	83.3	16.0	79.9	15.7
\$5,000-\$9,999	94.3	86.9	43.1	60.2	87.7	23.1	82.2	20.2
\$10,000-\$14,999	94.6	87.7	48.2	66.7	91.6	33.9	85.8	20.2
\$15,000-\$19,999	97.4	92.4	54.2	79.4	92.9	42.8	88.3	24.2
\$20,000 and over	96.9	90.5	49.3	73.5	93.5	49.1	89.5	33.2
Not classified	96.2	90.8	43.0	65.9	92.0	30.9	88.0	21.9

¹See "Table Notes"

Table 10.8.—Sugar, sweets; miscellaneous foods

UNITED STATES

Central city

Money income before taxes in 1976	Sugar, sweets				Miscellaneous foods			
	Total (sugar equiv- alent) ¹	Sugar, sirup, jelly, candy	Ades, punches, nectars, drinks ¹	Soft drinks, other sweets ¹	Total ¹	Alcoholic beverages	Some nutritive value ¹	Little nutritive value ¹
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)
Quantity per person in a week (pounds)								
All households	1.127	0.743	0.161	0.223	**	1.028	0.160	0.371
Under \$5,000	0.917	0.661	0.089	0.166	**	0.793	0.138	0.172
\$5,000-\$9,999	1.066	0.696	0.147	0.223	**	0.753	0.155	0.320
\$10,000-\$14,999	1.132	0.765	0.120	0.247	**	1.101	0.166	0.244
\$15,000-\$19,999	1.076	0.768	0.090	0.219	**	1.778	0.161	0.393
\$20,000 and over	1.081	0.678	0.144	0.258	**	1.107	0.164	0.580
Not classified	1.437	0.883	0.346	0.208	**	0.755	0.170	0.479
Money value per person in a week (dollars)								
All households	1.029	0.380	0.194	0.454	1.340	0.647	0.600	0.093
Under \$5,000	0.837	0.300	0.158	0.378	1.099	0.495	0.560	0.044
\$5,000-\$9,999	0.963	0.341	0.181	0.441	1.106	0.450	0.580	0.076
\$10,000-\$14,999	1.085	0.379	0.241	0.465	1.239	0.579	0.607	0.053
\$15,000-\$19,999	0.924	0.361	0.144	0.419	1.890	1.250	0.547	0.092
\$20,000 and over	1.170	0.397	0.203	0.570	1.516	0.765	0.592	0.158
Not classified	1.117	0.482	0.215	0.420	1.268	0.450	0.693	0.125
Households using in a week (percent)								
All households	92.9	84.4	41.0	62.3	86.9	32.3	80.9	19.6
Under \$5,000	90.8	76.9	30.7	56.3	77.3	17.7	72.8	11.8
\$5,000-\$9,999	91.7	82.6	39.0	59.0	82.6	23.6	74.9	17.5
\$10,000-\$14,999	93.4	86.4	50.9	67.2	90.3	38.7	84.1	22.5
\$15,000-\$19,999	95.4	89.4	48.5	72.2	89.5	49.1	82.8	23.7
\$20,000 and over	93.8	83.2	42.7	66.6	91.7	44.5	84.6	28.5
Not classified	93.6	90.3	38.5	57.3	92.7	30.0	88.7	16.9

¹See "Table Notes."

UNITED STATES

Suburban

Table 10.8.—Sugar, sweets; miscellaneous foods

Money income before taxes in 1976	Sugar, sweets				Miscellaneous foods			
	Total (sugar equiv- alent) ¹	Sugar, sirup, jelly, candy	Ades, punches, nectars, drinks ¹	Soft drinks, other sweets ¹	Total ¹	Alcoholic beverages	Some nutritive value ¹	Little nutritive value ¹
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)
Quantity per person in a week (pounds)								
All households	1.169	0.795	0.138	0.236	**	1.004	0.184	0.434
Under \$5,000	1.029	0.751	0.092	0.186	**	0.729	0.143	0.524
\$5,000-\$9,999	1.193	0.839	0.123	0.231	**	0.679	0.158	0.264
\$10,000-\$14,999	1.189	0.854	0.123	0.212	**	0.693	0.161	0.385
\$15,000-\$19,999	1.164	0.729	0.172	0.263	**	1.257	0.213	0.314
\$20,000 and over	1.159	0.788	0.133	0.239	**	1.055	0.198	0.563
Not classified	1.195	0.793	0.153	0.249	**	1.267	0.188	0.463
Money value per person in a week (dollars)								
All households	1.132	0.453	0.231	0.448	1.492	0.747	0.641	0.105
Under \$5,000	1.043	0.420	0.161	0.462	1.035	0.341	0.545	0.149
\$5,000-\$9,999	1.200	0.403	0.342	0.456	1.116	0.433	0.621	0.062
\$10,000-\$14,999	1.007	0.423	0.194	0.390	1.059	0.402	0.552	0.105
\$15,000-\$19,999	1.166	0.415	0.260	0.490	1.704	0.944	0.680	0.080
\$20,000 and over	1.195	0.554	0.204	0.437	1.743	0.939	0.684	0.120
Not classified	1.082	0.395	0.221	0.467	1.662	0.891	0.653	0.118
Households using in a week (percent)								
All households	96.0	89.0	50.6	69.9	91.8	38.9	87.6	28.0
Under \$5,000	90.2	82.2	41.0	55.4	87.8	22.6	83.6	23.0
\$5,000-\$9,999	95.1	86.3	46.2	58.6	88.2	27.4	82.5	22.3
\$10,000-\$14,999	94.9	86.3	46.5	68.4	90.8	31.3	85.3	21.6
\$15,000-\$19,999	96.7	94.0	60.8	80.7	93.5	47.1	90.9	28.3
\$20,000 and over	97.8	92.9	53.8	76.4	93.4	52.3	89.7	35.7
Not classified	97.3	87.5	50.1	70.2	94.0	37.2	90.1	28.8

¹See "Table Notes"

Table 10.8.—Sugar, sweets; miscellaneous foods

UNITED STATES

Nonmetropolitan

Money income before taxes in 1976	Sugar, sweets				Miscellaneous foods			
	Total (sugar equiv- alent) ¹	Sugar, sirup, jelly, candy	Ades, punches, nectars, drinks ¹	Soft drinks, other sweets ¹	Total ¹	Alcoholic beverages	Some nutritive value ¹	Little nutritive value ¹
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)
Quantity per person in a week (pounds)								
All households	1.286	0.964	0.099	0.223	**	0.831	0.178	0.273
Under \$5,000	1.325	1.049	0.077	0.198	**	0.481	0.187	0.126
\$5,000-\$9,999	1.263	0.985	0.089	0.189	**	0.416	0.200	0.228
\$10,000-\$14,999	1.390	1.097	0.090	0.202	**	0.986	0.171	0.198
\$15,000-\$19,999	1.222	0.864	0.098	0.260	**	0.877	0.142	0.195
\$20,000 and over	1.232	0.850	0.140	0.242	**	1.395	0.187	0.552
Not classified	1.302	0.977	0.087	0.238	**	0.714	0.175	0.241
Money value per person in a week (dollars)								
All households	1.072	0.471	0.174	0.427	1.214	0.465	0.669	0.080
Under \$5,000	1.150	0.480	0.302	0.368	1.074	0.327	0.696	0.051
\$5,000-\$9,999	0.938	0.435	0.149	0.354	1.057	0.213	0.785	0.059
\$10,000-\$14,999	1.151	0.529	0.202	0.420	1.162	0.443	0.670	0.049
\$15,000-\$19,999	1.096	0.447	0.154	0.494	1.011	0.422	0.538	0.051
\$20,000 and over	1.105	0.452	0.172	0.481	1.703	0.859	0.670	0.174
Not classified	1.049	0.488	0.132	0.428	1.158	0.444	0.644	0.070
Households using in a week (percent)								
All households	96.3	91.6	42.5	67.4	92.0	27.4	88.4	20.9
Under \$5,000	91.4	86.0	28.2	53.4	87.7	9.9	86.0	15.9
\$5,000-\$9,999	95.8	91.4	44.0	62.9	91.8	18.9	88.5	20.8
\$10,000-\$14,999	95.6	90.7	47.2	64.2	93.8	31.8	88.1	16.2
\$15,000-\$19,999	100.0	93.0	51.2	83.7	95.2	32.7	89.7	19.7
\$20,000 and over	97.9	92.7	47.3	74.5	95.2	47.5	93.2	33.1
Not classified	96.9	94.5	39.0	67.9	89.6	25.1	85.5	18.6

¹See "Table Notes"

UNITED STATES

All urbanizations

Table 11.—Money value of all food at home per person per week

Money income before taxes in 1976	Average ¹ (dollars)	Percent of households using food worth							
		All	Under \$6.00	\$6.00- \$7.99	\$8.00- \$9.99	\$10.00- \$11.99	\$12.00- \$13.99	\$14.00- \$15.99	\$16.00- \$17.99
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
All households	16.71	100.0	1.4	4.1	6.8	9.7	12.8	12.6	11.3
Under \$5,000	15.87	100.0	3.4	5.2	9.2	12.7	12.3	11.9	11.3
\$5,000-\$9,999	15.32	100.0	2.2	6.3	8.3	9.7	13.2	12.3	10.8
\$10,000-\$14,999	15.62	100.0	1.3	4.0	7.8	12.3	15.2	11.5	11.6
\$15,000-\$19,999	16.43	100.0	0.8	3.5	7.4	8.9	13.6	15.1	10.2
\$20,000 and over	18.70	100.0	0.0	1.4	2.8	5.5	12.3	12.4	13.5
Not classified	17.03	100.0	1.2	4.6	6.4	10.5	11.1	12.9	10.1

Percent of households using food worth					
\$18.00- \$19.99	\$20.00- \$24.99	\$25.00- \$29.99	\$30.00- \$39.99	\$40.00 and over	
(11)	(12)	(13)	(14)	(15)	
All households	10.6	15.1	7.4	5.7	2.4
Under \$5,000	7.3	11.4	8.6	4.2	2.5
\$5,000-\$9,999	12.3	13.1	6.0	4.0	1.8
\$10,000-\$14,999	9.5	12.7	6.8	5.7	1.6
\$15,000-\$19,999	12.0	13.4	8.2	4.7	2.1
\$20,000 and over	10.2	21.5	8.4	8.8	3.0
Not classified	11.9	16.1	6.8	5.6	2.9

¹ See "Table Notes"

UNITED STATES

Table 11.—Money value of all food at home per person per week

Central city

Money income before taxes in 1976	Average ¹ (dollars)	Percent of households using food worth							
		All	Under \$6.00	\$6.00- \$7.99	\$8.00- \$9.99	\$10.00- \$11.99	\$12.00- \$13.99	\$14.00- \$15.99	\$16.00- \$17.99
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
All households	17.53	100.0	1.4	4.4	5.8	9.4	10.5	12.1	11.1
Under \$5,000	16.51	100.0	2.1	5.0	8.3	13.5	8.3	12.1	10.5
\$5,000-\$9,999	16.05	100.0	2.8	5.3	6.4	6.9	9.8	11.3	15.0
\$10,000-\$14,999	16.56	100.0	0.9	4.4	2.9	13.7	14.3	12.1	13.0
\$15,000-\$19,999	17.13	100.0	1.7	3.0	6.3	7.6	12.4	17.3	4.3
\$20,000 and over	19.54	100.0	0.0	3.2	3.6	4.5	6.6	10.9	13.2
Not classified	18.96	100.0	0.6	4.4	7.2	9.0	12.6	10.4	8.4

Percent of households using food worth					
\$18.00- \$19.99	\$20.00- \$24.99	\$25.00- \$29.99	\$30.00- \$39.99	\$40.00 and over	
(11)	(12)	(13)	(14)	(15)	
All households	8.8	16.4	8.9	7.2	4.1
Under \$5,000	8.3	14.3	10.0	5.1	2.4
\$5,000-\$9,999	9.9	18.1	7.2	5.2	2.1
\$10,000-\$14,999	6.9	12.6	8.3	8.2	2.8
\$15,000-\$19,999	14.7	10.9	8.9	9.3	3.4
\$20,000 and over	6.3	23.8	11.9	9.6	6.3
Not classified	8.3	17.4	7.1	7.0	7.6

¹ See "Table Notes"

UNITED STATES

Suburban

Table 11.—Money value of all food at home per person per week

Money income before taxes in 1976	Average ¹ (dollars)	Percent of households using food worth							
		All	Under \$6.00	\$6.00- \$7.99	\$8.00- \$9.99	\$10.00- \$11.99	\$12.00- \$13.99	\$14.00- \$15.99	\$16.00- \$17.99
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
All households	17.28	100.0	1.3	2.5	5.4	9.7	12.9	12.2	12.0
Under \$5,000	15.36	100.0	5.4	6.7	10.6	11.8	9.4	12.0	14.7
\$5,000-\$9,999	16.14	100.0	1.7	4.8	6.2	11.4	16.8	11.1	10.5
\$10,000-\$14,999	15.54	100.0	1.9	2.4	9.0	12.1	12.8	12.0	11.3
\$15,000-\$19,999	17.60	100.0	0.0	2.0	4.5	9.8	12.9	12.2	11.5
\$20,000 and over	18.77	100.0	0.0	0.0	2.2	6.4	13.7	12.9	13.1
Not classified	17.39	100.0	1.3	2.7	4.8	10.0	10.4	12.1	11.5

Percent of households using food worth

	\$18.00- \$19.99	\$20.00- \$24.99	\$25.00- \$29.99	\$30.00- \$39.99	\$40.00 and over
	(11)	(12)	(13)	(14)	(15)
All households	12.0	16.3	7.5	6.1	2.1
Under \$5,000	8.3	5.1	8.2	6.6	1.1
\$5,000-\$9,999	13.7	9.7	7.3	4.2	2.7
\$10,000-\$14,999	11.2	13.6	6.6	5.8	1.3
\$15,000-\$19,999	13.6	18.1	10.8	2.8	1.8
\$20,000 and over	10.6	22.8	6.1	9.5	2.8
Not classified	13.7	18.5	7.8	5.2	2.0

¹See "Table Notes"

UNITED STATES

Table 11.—Money value of all food at home per person per week

Nonmetropolitan

Money income before taxes in 1976	Average ¹ (dollars)	Percent of households using food worth							
		All	Under \$6.00	\$6.00- \$7.99	\$8.00- \$9.99	\$10.00- \$11.99	\$12.00- \$13.99	\$14.00- \$15.99	\$16.00- \$17.99
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
All households	15.42	100.0	1.5	5.6	9.0	10.0	14.8	13.6	10.8
Under \$5,000	15.42	100.0	3.8	4.5	9.5	12.2	18.8	11.6	10.1
\$5,000-\$9,999	14.09	100.0	2.0	8.5	11.8	10.8	13.2	14.1	7.5
\$10,000-\$14,999	14.79	100.0	1.0	5.4	11.5	10.9	18.8	10.5	10.4
\$15,000-\$19,999	14.47	100.0	1.0	5.5	11.7	8.9	15.3	16.6	13.6
\$20,000 and over	17.90	100.0	0.0	2.3	3.3	4.8	14.8	12.9	14.2
Not classified	15.46	100.0	1.4	6.5	7.6	11.9	10.7	15.6	10.0

Percent of households using food worth				
\$18.00- \$19.99	\$20.00- \$24.99	\$25.00- \$29.99	\$30.00- \$39.99	\$40.00 and over
(11)	(12)	(13)	(14)	(15)

All households	10.9	12.7	6.0	3.9	1.1
Under \$5,000	5.5	11.8	7.0	1.7	3.5
\$5,000-\$9,999	13.2	11.6	3.7	2.7	0.9
\$10,000-\$14,999	10.3	11.9	5.7	3.1	0.6
\$15,000-\$19,999	8.1	10.1	4.6	3.3	1.3
\$20,000 and over	12.9	17.5	9.5	7.1	0.5
Not classified	12.8	12.8	5.5	5.0	0.3

¹See "Table Notes"

TABLE NOTES

The following notes are for tables 1-11. They provide information usually found in footnotes at the end of individual tables. "General Notes" contain information and explanations which apply to all or most tables. "Specific Notes" refer to a particular table, group of columns, or a single column of a table. Items with specific notes are indicated by "1" on the tables.

General Notes

1. The term "households" in this report refers to housekeeping households only; that is, households with at least 1 person having 10 or more meals from the household food supply during the 7 days before the interview.
2. "All households" include households not classified by income.
3. Households "not classified" by income are mainly those not providing requested data and those that were not household units in 1976.
4. Data refer to food used at home during the survey week from all sources, including that purchased, home produced, received as gift or pay, and obtained through programs that provide food in the home, such as Meals on Wheels. Food purchased includes those items received for cash, on credit, or with Federal coupons such as food stamps and vouchers.
5. Averages per person and per nutrition unit as well as percentages of households are based on all households in the cell, not just on those households that used the food. See table 1 for cell counts. Percentages in table 9 are based only on households with diets furnishing less than recommended allowances for one or more nutrients.
6. Averages per person and per nutrition unit are based on population ratio procedure--aggregate value for all households divided by aggregate number of persons in all households.

General Notes — Continued

7. Data in tables 3, 5, and 10.1-10.8 are shown as averages per person. Twenty-one meals from home food supplies were counted as one person. The use of 21-meal-at-home-equivalent persons adjusts for those household members who may have eaten meals away from home and for guests who may have eaten from household food supplies. See "Definitions and Explanations," Household Size in Equivalent Persons.
8. Nutritive values of diets in table 4 are shown as averages per nutrition unit per day. Also, percentages in tables 7-9 are based on amounts of nutrients per nutrition unit in household diets. Diets of households of different sizes and compositions can be compared when their nutritive values are presented on a nutrition unit basis. See "Definitions and Explanations," Household Size in Equivalent Nutrition Units.
9. Component items may not add to totals because of rounding or because data for all component items are not shown.
10. The asterisk (*) indicates some small value.
11. Cooking losses were deducted from all vitamin values.
12. Foods in this report have been grouped for nutritional analysis and therefore sometimes differ from the food groupings in Reports H-1 through H-10, which are used for marketing analysis.
13. Food substitutes and imitation foods generally are included in the group of foods they replace.
14. Lists of foods in the "Specific Notes" are not necessarily all-inclusive.
15. Mention of a trade name does not constitute an endorsement of the product by the U.S. Department of Agriculture over other products not mentioned.

Specific Notes

Table 1.--Number of households and household size

<u>Col.</u> <u>No.</u>	<u>Heading</u>	<u>Notes</u>
2....	Total households.....	Weighted count of housekeeping households--those with at least 1 member having 10 or more meals from the household food supply during 7 days preceding the interview.
	Household size in:	
3....	Equivalent persons.....	21 meals from home food supplies equal 1 person. See "Definitions and Explanations," Household Size in Equivalent Persons.
4-15.	Equivalent nutrition units.....	Household size in adult-male equivalent units. For each nutrient, the number of nutrition units was calculated by obtaining the sum of the 1974 RDA for all persons eating in the household divided by the RDA for adult males 23 to 50 years of age. See "Definitions and Explanations," Household Size in Equivalent Nutrition Units.

Table 2.--Household composition in terms of meals at home

2,3, 8,14, 25...	Total.....	Includes meals and refreshments (equated to a meal basis) served to guests.
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Table 2.--Household composition in terms of meals at home--Continued

<u>Col.</u> <u>No.</u>	<u>Heading</u>	<u>Notes</u>
	Females 23 years and over:	
8....	Total.....	Includes nursing mothers not part of column 9 or 10.
	Females 9-22 years:	
20...	Total.....	Includes pregnant and nursing mothers not part of column 23 or 24.

Table 3.--Nutritive value of diets per person

One person equals 21 meals at home in a week.

	Average per day:	
2-16.	Average nutritive value of diets per person per day calculated using population ratio procedure--aggregate nutritive value of all household diets in a week divided by aggregate number of persons in all households. This value was then divided by 7 to obtain the average per day.

Table 4.--Nutritive value of diets per nutrition unit

<u>Col.</u> <u>No.</u>	<u>Heading</u>	<u>Notes</u>
	Title.....	Nutrition unit is the adult-male equivalent for persons eating in the household in terms of 1974 Recommended Dietary Allowances. See "Definitions and Explanations," Household Size in Equivalent Nutrition Units.
	Average per day:	
2-13.	Average nutritive value per nutrition unit calculated using population ratio procedure.

Table 5.--Nutritive value of diets per person by food group

	Milk, cream, cheese:	
1....	Milk.....	Also yogurt.
1....	Soup, mixtures.....	Including milk-based sauces and soups. Also infant formulas; dry breakfast drinks and cocoa with nonfat dry milk; diet beverages such as Slender, Metrecal, and Nutrament; cheesecake; pudding.
	Other protein foods:	
1....	Also soup, mixtures, and plate meals with main ingredient mostly meat, poultry, fish, egg, or legume.

Table 5.—Nutritive value of diets per person by food group—Continued

<u>Col.</u> <u>No.</u>	<u>Heading</u>	<u>Notes</u>
	Vegetables:	
1....	Including vegetable juice.
1....	Potatoes.....	Including potato chips, sticks, and salad.
1....	Dark green.....	Spinach, kale, collards, chard, broccoli, peppers, parsley, turnip and mustard greens.
1....	Deep yellow.....	Sweetpotatoes, carrots, pumpkin, and winter squash.
1....	Tomatoes.....	Including tomato paste, sauce, catsup, soup, juice, and tomato relish.
1....	Other vegetables.....	Including corn, green beans, peas, mushrooms, okra, brussels sprouts, summer squash, pickles, olives, horse-radish, and relish other than tomato.
1....	Soup, mixtures.....	Vegetable-type soups, chow mein, chop suey; also dry seasoning mixes.

Table 5.—Nutritive value of diets per person by food group--Continued

<u>Col.</u> <u>No.</u>	<u>Heading</u>	<u>Notes</u>
	Fruits:	
1....	Including fruit juice; excluding fruit ades, punches, nectars, and drinks.
1....	Citrus.....	Including orange, lemon, grapefruit, and citrus juice blends.
1....	Other vitamin C-rich	Strawberries, cantaloup, papaya, acerola, mangos, guava, currants, and persimmons.
1....	Other fruits.....	Apples, apricots, avocados, bananas, cherries, grapes, peaches, berries other than strawberries, pears, pineapple, plums, raisins, prunes, dates, rhubarb, and melons other than cantaloup.
1....	Mixtures.....	Including baby foods such as fruit pie, pudding, dessert, and cereal with fruit in jars.
	Grain products, enriched:	
1....	Other bakery products.....	Including crackers, pretzels, wheat snacks, breakfast bars, and toaster pastries.
1....	Mixtures.....	Including fruit turnovers and pies; dry pizza mix; macaroni, rice, and noodle mixtures.

Table 5.--Nutritive value of diets per person by food group--Continued

<u>Col.</u> <u>No.</u>	<u>Heading</u>	<u>Notes</u>
	Grain products, not enriched:	
1....	Also plate dinners with main item mostly grain such as lasagna dinner.
1....	Other bakery products.....	Including rice crackers and corn snacks such as tortilla, taco, and corn chips.
1....	Soup, mixtures.....	Soups with grain as major ingredient. Also commercially canned meat substitutes; commercially frozen and ready-to-eat pizzas; rice and noodle mixtures.
	Fats, oils:	
1....	Vegetable shortening.....	Also nondairy whipped toppings such as Cool Whip.
	Miscellaneous foods:	
1....	Some nutritive value.....	Dietetic jam, jelly, and pudding mixes; plain coffee, cocoa, and tea; yeast; baking powder; baking chocolate; chocolate sirup.
1....	Little nutritive value.....	Dietetic soft drinks and artificial sweeteners.

Table 6.--Money value and nutrients by food group

<u>Col.</u> <u>No.</u>	<u>Heading</u>	<u>Notes</u>
1....	Food groups.....	See notes for table 5.

Tables 7.1-7.12.--Dietary levels

Specified percentage of Recommended Dietary Allowances (1974):		
2-14.	The 1974 Recommended Dietary Allowances (RDA) were the standards used to evaluate household diets. The 1974 RDA for a nutrition unit (male 23-50 years) were as follows:

Food energy - 2,700 Calories
Protein - 56 grams
Calcium - 800 milligrams
Iron - 10 milligrams
Magnesium - 350 milligrams
Phosphorus - 800 milligrams
Vitamin A - 5,000 I.U.
Thiamin - 1.4 milligrams
Riboflavin - 1.6 milligrams
Vitamin B₆ - 2.0 milligrams
Vitamin B₁₂ - 3.0 micrograms
Ascorbic acid - 45 milligrams

See "Definitions and Explanations,"
Household Size in Equivalent Nutrition
Units.

Table 7.13.--Dietary levels--lowest of seven nutrients

<u>Col.</u> <u>No.</u>	<u>Heading</u>	<u>Notes</u>
	Title.....	Protein, calcium, iron, vitamin A, thiamin, riboflavin, and ascorbic acid. For example, if a household diet provided 110 percent of the RDA for calcium and 130 percent or more of the RDA for each of the other 6 nutrients, then this household would be included in the tabulation for column 7 since 110 percent of the RDA was the lowest for any of the 7 nutrients.
	Specified percentage of Recommended Dietary Allowances (1974):	
2-14.	See note for tables 7.1-7.12.

Table 8.--Diet quality

	Household diets providing specified percent of Recommended Dietary Allowances (1974):	
2-14.	See note for tables 7.1-7.12.
3....	All seven specified nutrients.....	Protein, calcium, iron, vitamin A, thiamin, riboflavin, and ascorbic acid.

Table 9.--Household diets by number of nutrients below Recommended Dietary Allowances (1974)--seven nutrients

<u>Col.</u> <u>No.</u>	<u>Heading</u>	<u>Notes</u>
	Title.....	Protein, calcium, iron, vitamin A, thiamin, riboflavin, and ascorbic acid.
	Percent of households with diets short in:	
4....	One or more nutrients.....	Percent of diets not meeting allowances for 1 or more nutrients = 100.0. The percent of all survey household diets short in a specified number of nutrients can be computed by multiplying the percent in column 3a by the appropriate column.

Table 10.1.--Milk, cream, cheese

2....	Total (calcium equivalent).....	The weight of whole fluid milk to which the various dairy products (excluding butter) and nondairy products containing milk derivatives are equivalent in calcium content.
3....	Milk (calcium equivalent).....	Fresh fluid milk and processed milk (for example, dry, evaporated, and condensed forms of milk). Also yogurt.

Table 10.1.--Milk, cream, cheese--Continued

<u>Col.</u> <u>No.</u>	<u>Heading</u>	<u>Notes</u>
4....	Cream, ice cream.....	Including half and half, eggnog, and cream or topping substitutes containing milk derivatives such as Cremora, Coffee Rich, and Dream Whip.
6....	Soup, mixtures.....	Including milk-based sauces and soups. Also infant formulas; dry breakfast drinks and cocoa with nonfat dry milk; diet beverages such as Slender, Metrecal, and Nutrament; cheesecake; pudding.

Table 10.2.--Meat, poultry, fish

6....	Veal, lamb, game.....	Also variety meats other than liver.
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Table 10.3.--Other protein food

2....	Total.....	**Indicates total quantity for this food group was not tabulated because the basis for the computation of equivalent quantities differ for components of this food group.
3....	Eggs (fresh equivalent).....	The weight of fresh eggs plus the weight of frozen, dried, cooked, and liquid eggs without shell and egg substitutes converted to the weight of equivalent eggs in shell.

Table 10.3.--Other protein food--Continued

<u>Col. No.</u>	<u>Heading</u>	<u>Notes</u>
4....	Dry legumes (dry weight).....	The weight of dry beans, peas, lentils, and other legumes plus the weight of cooked, canned, and frozen forms of legumes converted to dry weight.
5....	Nuts (shelled weight), peanut butter.	The weight of nutmeats plus the weight of nuts with shell converted to the equivalent weight of nutmeats.
6....	Soup, mixtures.....	Soup and mixtures with main ingredient mostly meat, poultry, fish, egg, or legume. Including sandwiches, textured vegetable protein, plain gelatin, and dry bouillon.
7....	Plate meals.....	Carryout meals from eating establishments and frozen TV dinners with main item mostly meat, poultry, fish, egg, or legume.

Table 10.4.--Vegetables

Vegetable juice is included in this table.

2....	Total.....	Sum of unconverted quantities.
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Table 10.4.—Vegetables—Continued

<u>Col.</u> <u>No.</u>	<u>Heading</u>	<u>Notes</u>
	Potatoes:	
3....	Total (fresh equivalent).....	The weight of fresh potatoes with skin plus weight of fresh pared and processed potatoes converted to the weight of fresh potatoes with skin. Including cooked, canned, and frozen potatoes as well as potato chips, sticks, salad, and soup.
7....	Dried.....	Excluding potato chips, sticks, and salad.
	Dark green:	
8-11.	Spinach, kale, collards, chard, broccoli, peppers, parsley, turnip and mustard greens.
	Deep yellow:	
12-15	Sweetpotatoes, carrots, pumpkin, and winter squash.
	Tomatoes:	
16-19	Including tomato paste, sauce, catsup, soup, juice, and tomato relish.
	Other vegetables:	
20-26	Including corn, green beans, peas, mushrooms, okra, brussels sprouts, and summer squash.

Table 10.4.--Vegetables--Continued

<u>Col.</u> <u>No.</u>	<u>Heading</u>	<u>Notes</u>
	Other vegetables (continued):	
20...	Total.....	Including pickles, olives, horseradish, relish other than tomato, and baby food not shown elsewhere.
22...	Commercially canned.....	Excluding pickles, olives, horseradish, relish other than tomato, and baby food which are part of the total in column 20.
26...	Dried.....	Dried mushrooms, corn, and mixed vegetables; dehydrated garlic, onion, and celery flakes.
27...	Soup, mixtures.....	Vegetable-type soups, chow mein, chop suey; also dry seasoning mixes.

Table 10.5.--Fruits

Fruit juice is included in this table.

2....	Total.....	Sum of unconverted quantities of all forms of fruits and fruit juices. See table 10.8 for ades, punches, nectars, and drinks.
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Table 10.5.--Fruits--Continued

<u>Col.</u> <u>No.</u>	<u>Heading</u>	<u>Notes</u>
	Citrus:	
3....	Total (juice equivalent).....	The weight of single-strength citrus and citrus juice blends plus the weight of juice derived from fresh citrus fruit and frozen concentrated citrus juice converted to an equivalent single-strength juice weight.
7-11.	Other vitamin C-rich.....	Strawberries, cantaloup, papaya, acerola, mangos, guava, currants, and persimmons.
12-18	Other fruits.....	Apples, apricots, avocados, bananas, cherries, grapes, peaches, berries other than strawberries, pears, pineapple, plums, raisins, prunes, dates, rhubarb, and melons other than cantaloup.
19...	Mixtures.....	Including baby foods such as fruit pie, pudding, dessert, and cereal with fruit in jars.

Table 10.6.--Grain products

<u>Col.</u> <u>No.</u>	<u>Heading</u>	<u>Notes</u>
	Enriched, whole grain:	
2....	Total (flour equivalent).....	The weight of flour, cereals, meals, and pastes plus their dry weight in prepared flour mixes, bread, baked products, and mixtures and soups with main item mostly grain.
6....	Other bakery products.....	Including crackers, pretzels, wheat snacks, breakfast bars, and toaster pastries.
7....	Mixtures.....	Including fruit turnovers and pies; dry pizza mix; macaroni, rice, and noodle mixtures.
	Not enriched or whole grain:	
8....	Total (flour equivalent).....	See table note for column 2. Also plate dinners with main item mostly grain such as lasagna dinner.
12...	Other bakery products.....	Including rice crackers and corn snacks such as tortilla, taco, and corn chips.
13...	Soup, mixtures.....	Soup with grain as major ingredient. Also commercially canned meat substitutes; commercially frozen and ready-to-eat pizzas; rice and noodle mixtures.

Table 10.7.--Fats, oils

<u>Col. No.</u>	<u>Heading</u>	<u>Notes</u>
5....	Salad dressing, oil.....	Including mayonnaise, sandwich spread, tartar sauce, and horseradish sauce.
6....	Lard.....	Also chicken fat, other meat fat, bacon drippings, and suet.
7....	Vegetable shortening.....	Also nondairy whipped toppings such as Cool Whip.

Table 10.8.--Sugar, sweets; miscellaneous foods

Sugar, sweets:		
2....	Total (sugar equivalent).....	The weight of sugar, sirup, jelly, and candy plus the weight of sugar in selected foods high in sugar. See "Definitions and Explanations," Sugar Equivalent.
4....	Ades, punches, nectars, drinks.....	Sugar equivalent of ades, punches, nectars, and drinks.
5....	Soft drinks, other sweets.....	Sugar equivalent of soft drinks and miscellaneous sweets such as prepared desserts, icing, gelatin, and pudding mixes; coffee, tea, and cocoa mixes with sugar.

Table 10.8.--Sugar, sweets, miscellaneous foods--Continued

<u>Col.</u> <u>No.</u>	<u>Heading</u>	<u>Notes</u>
	Miscellaneous foods:	
6....	Total.....	**Indicates total quantity for this food group was not tabulated because of the disparity of the component foods.
8....	Some nutritive value.....	Dietetic jam, jelly, and pudding mixes; plain coffee, cocoa, and tea; yeast; baking powder; baking chocolate; chocolate sirup.
9....	Little nutritive value.....	Diet soft drinks and artificial sweeteners.

Table 11.--Money value of all food at home per person per week

2....	Average (dollars).....	Money value per person calculated using population ratio procedure--aggregate value for all households divided by aggregate number of persons in all households.
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SAMPLE ANALYSIS

Description of the Sample

Information for the Nationwide Food Consumption Survey 1977-78 was collected from 14,930 households of 1 or more members. The households were from a statistically selected sample of all private households in the 48 conterminous States, stratified by region, urbanization, and geographic or demographic similarities. Excluded from these reports are about 6 percent, or 900 households that were not housekeeping--no member ate 10 or more meals from the household food supply during the 7 days preceding the interview.

Design

This survey was designed to provide a self-weighting, multistage, stratified area sample of 15,000 households in the conterminous States. During each quarter, information was to be obtained from 3,750 households sampled by use of an interpenetrating design (spring quarter was implemented in April, May, and June 1977; summer in July, August, and September; fall in October, November, and December; and winter in January, February, and March 1978). The sampling frame was organized by use of the 1970 Census of Population and Housing.

Stratification

The 48 conterminous States were divided into 114 strata on the basis of 3 levels of stratifications--geographic division, urbanization or zone, and demographic or other geographic similarities. Each of the nine Census geographic divisions that comprise the four Census regions (see tabulation) was divided into the three Census zones defined below:

Zone I (Central city)--the area comprised of the central city or cities (a city named in the metropolitan area title) in standard metropolitan statistical areas (SMSA);

Zone II (Suburban)--the area in SMSA's outside Zone I;

Zone III (Nonmetropolitan)--any area not included in Zones I and II.

Then, the two levels of division and zone were grouped at the third level based on cities or other political entities, economic trading areas, geographic units, and/or by size. This procedure resulted in 114 homogeneous strata of approximately 600,000 households each. The distribution of these strata by Census geographic divisions and zones is shown below:

<u>Census region and division</u>	<u>Number of strata</u>			
	<u>Central</u>	<u>Suburban</u>	<u>Nonmetro-</u>	<u>Division</u>
	<u>city</u> <u>Zone I</u>	<u>Zone II</u>	<u>politan</u> <u>Zone III</u>	
Northeast:				
New England.....	2	3	2	7
Middle Atlantic...	8	9	4	21
North Central:				
East North Central	8	8	6	22
West North Central	2	2	5	9
South:				
South Atlantic....	4	6	7	17
East South Central	2	1	4	7
West South Central	4	2	5	11
West:				
Mountain.....	2	1	2	5
Pacific.....	<u>6</u>	<u>7</u>	<u>2</u>	<u>15</u>
Total.....	38	39	37	114

Primary Sampling Units

Every stratum was divided into one or more primary sampling units (PSU's). Each PSU was formed from cities, parts of cities, or from counties, and contained at least 10,000 housing units. Twelve strata were represented by only one PSU each, and these were picked with certainty.¹ From the other 102 strata, PSU's were drawn with probabilities proportional to size.

Selection of Area Segments within PSU's

Each PSU drawn was divided into small clusters of housing units called "area segments." The segments were designed, based on the 1970 Census, to contain 100 or more housing units and usually consisted of 1 or more city blocks in urban areas and part of a Census Enumeration District elsewhere. From the PSU's, 2,550 segments were drawn; the number of segments in a PSU was proportional to the size of the stratum in which the PSU was located. The probability that an individual segment would be drawn from a PSU was proportional to the ratio of the number of housing units in the segment to the total number of units in the PSU.

Prelisting of Area Segments

All 2,550 area segments were prelisted to determine the number of occupied housing units. Then, the national increase in the number of housing units from 1970 to

1977 was estimated. This information, together with estimates of occupancy and completion rates, permitted calculation of sampling ratios for the area segments that would yield a total of 3,750 households per quarter.

Selection of Sample Housing Units

For the first two quarters, an average sampling ratio of 2.3 households per segment was used. The housing units were ordered within their respective segments. For each quarter, a sample was systematically selected from each segment, without replacement, after a random start. By the end of the second quarter, the estimated completion rate had been adjusted, and an average sampling ratio of 2.86 households per segment was used for the last two quarters. With the above adjustments, the target of responses from 15,000 households was closely approximated during the year-long survey period.

Weights

Although this survey was designed to be self-weighting, it was determined after the survey ended that the completion rates for the various PSU's differed at a statistically significant level. Therefore, weighting factors were applied to data from completed schedules. The weights were calculated for each quarter for every PSU. The weights were designed to be proportional to the ratio of the expected number of completed schedules in a PSU to the collected number of completed schedules in a PSU; weights were scaled so that there would be 3,740 completed schedules per quarter. After weighting was completed, a few household schedules had to be

¹Cook Co., IL; Kings Co., NY; Los Angeles Co., CA (double strata); New York Co., NY; Queens Co., NY; Chicago, IL (double strata); Detroit, MI; Los Angeles, CA (double strata); Philadelphia, PA.

discarded because of invalid or incomplete data. The following tabulation gives the weighted and unweighted household counts by season, including nonhousekeeping households:

<u>Quarter</u>	<u>Weighted count</u>	<u>Unweighted count</u>
Spring.....	3,739	3,322
Summer.....	3,728	3,468
Fall.....	3,728	4,071
Winter.....	<u>3,731</u>	<u>4,069</u>
Total.....	14,926	14,930

Collection Counts, Spring 1977

The following are the weighted and unweighted counts of the surveyed households, including nonhousekeeping households, distributed by geographic division and urbanization:

<u>Census division</u>	<u>Urbanization</u>					
	<u>Central city</u>		<u>Suburban</u>		<u>Nonmetropolitan</u>	
	<u>Weighted count</u>	<u>Unweighted count</u>	<u>Weighted count</u>	<u>Unweighted count</u>	<u>Weighted count</u>	<u>Unweighted count</u>
New England.....	61	60	88	63	66	65
Middle Atlantic.....	262	159	303	248	142	142
East North Central...	216	176	277	234	196	183
West North Central...	79	70	57	51	158	164
South Atlantic.....	116	97	182	149	227	225
East South Atlantic..	56	74	46	50	154	147
West South Atlantic..	136	146	94	108	143	149
Mountain.....	57	45	40	30	70	71
Pacific.....	<u>190</u>	<u>159</u>	<u>250</u>	<u>202</u>	<u>72</u>	<u>55</u>
Total ¹	1,174	986	1,338	1,135	1,228	1,201

¹Parts may not total to whole because of rounding.

CHARACTERISTICS OF HOUSEHOLDS

Information was collected on the household characteristics believed to be related to food consumption and dietary levels of households. Data included urbanization, region, and tenancy of residents; income, number of people living in household, and age of head; race of respondent; recipients of food stamps; frequency of major food shopping occasions; self-evaluation of food consumed by the household; classification of household by type of head; and age of male and female heads of the household. Race of the respondent was recorded as observed by the interviewer; urbanization and region were determined by the location of residence; and other

characteristics were reported to the interviewer by the household respondent.

Although the data were collected for all surveyed households, table 12 displays the percent distributions for housekeeping households only--households with at least 1 person having 10 or more meals from home food supplies during the week prior to the interview. Also, averages are shown for income before taxes, number of members living in the household (excluding roomers, boarders, and employees), age of head, and age of male and female heads.

Table 12.--Selected household¹ characteristics by urbanization, United States, spring 1977

Characteristic	All urban- izations	Central city	Sub- urban	Non- metro- politan	Characteristic	All urban- izations	Central city	Sub- urban	Non- metro- politan
Total households ²(number)..	3,473	1,054	1,255	1,164	Food stamp recipient ⁴ ..(percent).	7	11	5	6
Urbanization.....(percent).	100	30	36	34	Major shopping frequency:				
Region.....do....	100	100	100	100	More than weekly.....do....	21	21	21	20
Northeast.....do....	25	28	30	16	Weekly.....do....	50	47	53	50
North Central.....do....	27	25	26	29	Every other week.....do....	21	23	20	20
South.....do....	31	26	23	44	Monthly.....do....	8	8	6	10
West.....do....	18	21	21	11	Never.....do....	(⁵)	1	(⁵)	(⁵)
Money income before taxes, 1976-77:					Self-evaluation of food: ⁴				
Under \$5,000.....do....	17	24	11	19	Enough, kind wanted.....do....	73	66	76	76
\$5,000-\$9,999.....do....	22	23	20	24	Enough, not kind wanted..do....	24	30	22	22
\$10,000-\$14,999.....do....	20	20	19	19	Sometimes not enough.....do....	2	3	1	2
\$15,000-\$19,999.....do....	16	14	17	16	Often not enough.....do....	1	1	1	(⁵)
\$20,000 and over.....do....	25	19	34	22	Head of household:				
Not classified ³do....	(20)	(18)	(20)	(22)	Male and female heads....do....	72	58	79	75
Average.....(dollars).	14,514	12,639	16,743	13,857	Female head only.....do....	22	32	16	20
Number of members living in household:					Male head only.....do....	6	10	4	5
1.....(percent).	16	24	11	15	Average age ⁶(years)..	48	48	47	50
2.....do....	31	31	29	33	Male head age:				
3.....do....	18	16	19	18	Under 35 years.....(percent).	27	30	26	27
4.....do....	17	13	20	17	35 to 64 years.....do....	57	54	62	54
5.....do....	10	7	12	10	65 years and over.....do....	16	16	12	19
6 or more.....do....	9	8	10	8	Average age.....(years).	47	46	46	48
Average.....(number).	3.06	2.81	3.27	3.05	Female head age:				
Race of respondent: ⁴					Under 35 years.....(percent).	30	31	32	29
White.....(percent).	85	69	93	92	35 to 64 years.....do....	54	52	56	52
Black.....do....	11	25	4	6	65 years and over.....do....	16	17	12	19
Other.....do....	3	6	3	2	Average age.....(years).	46	46	45	48
Tenancy: ⁴									
Owned.....do....	70	51	77	79					
Rented for cash.....do....	28	48	21	18					
Occupied without rent.....do....	2	1	2	3					

¹ Housekeeping households only: Households with at least 1 person having 10 or more meals from household food supply during 7 days preceding interview.

² Parts may not total to the whole because of rounding.

³ Households not classified by income are mainly those not providing requested data and those that were not household units in

the previous year. These households are excluded from percent distribution but shown in parentheses as percent total.

⁴ Some households did not answer the specific question, or the question was not applicable to that household.

⁵ Less than 0.5 percent but more than 0.

⁶ In jointly-headed households, age of the male head only.

DEFINITIONS AND EXPLANATIONS

All Urbanizations

Includes all households in central city, suburban, and nonmetropolitan areas. See "Urbanization."

Calcium Equivalent

The weight of whole fluid milk to which the various dairy products (excluding butter) and nondairy products containing milk derivatives are equivalent in calcium content. The chief source of data on the calcium content of the various dairy products was "Composition of Foods: Dairy and Egg Products; Raw, Processed, Prepared" (1). See "Equivalents."

Central City - See "Urbanization."

Citrus Juice Equivalent

The weight of single-strength citrus and citrus juice blends plus the weight of juice derived from fresh citrus fruit and frozen concentrated citrus juice converted to an equivalent single-strength juice weight. See "Equivalents."

Eggs: Fresh Equivalent

The weight of fresh eggs plus the weight of frozen, dried, cooked, and liquid eggs without shell (whether the whole egg, whites, or yolks only), and egg substitutes converted to the weight of equivalent eggs in shell. The source of most factors for eggs was "Conversion Factors and Weights and Measures for Agricultural Commodities and Their Products" (10). See "Equivalents."

Equivalents

Equivalents are used to convert foods to a common basis. In general, the basis for conversion was to combine:

- a. Foods available in different forms. For example, instant mashed potatoes (dehydrated form), commercially frozen hash browns (frozen form), commercially canned potatoes (canned form) as well as food mixtures (such as potato soup and potato salad) were converted to a common basis which was the weight of fresh potato with peel.
- b. Foods equivalent in nutrient content. For example, dairy products were converted to the weight of whole fluid milk containing an equivalent amount of calcium.
- c. Foods with an ingredient common to a variety of individual foods. For example, the weight of the flour in flour mixes and bakery products was added to the flour total.

See "Calcium Equivalent," "Citrus Juice Equivalent," "Eggs: Fresh Equivalent," "Flour Equivalent," "Legumes: Dry Weight," "Nuts: Shelled Weight," "Potato: Fresh Equivalent," and "Sugar Equivalent."

Flour Equivalent

The weight of flour, cereals, meals, and pastes plus their dry weight in prepared flour mixes, bread, baked products, and mixtures and soups with main ingredient mostly grain. See "Equivalents."

Food at Home

Food and beverages (alcoholic and nonalcoholic) from the household food supplies "used" during the 7 days before the survey interview, whether bought or received without direct expense. This included food and beverages eaten at home, carried from the home in packed meals, thrown away, or fed to pets. Food fed to animals raised for commercial purposes and commercial "pet" food were omitted. Food that was obtained with cash, credit, or food stamps, and food that was home produced, received as a gift or in payment for goods and services, or received through Federal assistance programs or from welfare agencies was included.

Any food from the respondent's household that was given away for use outside the home, such as food sent to friends and relatives, gifts of food donated to church suppers, and food given to household help to take home, was not considered as food used by the household.

Food used at home was classified as fresh, commercially canned or frozen, home canned or frozen, already cooked, and dried. Generally, food used at home was reported in the form brought into the kitchen. Home-made mixtures used during the survey week were reported either as ingredients, if prepared during that week, or as the product, if prepared before the survey week.

Home-Canned Food

A food canned at home before the survey week, whether processed by the respondent or by someone else who gave or sold the canned food to the respondent. Homemade jelly, jam, pickles, and relish were considered home canned.

Home-Frozen Food

A food frozen at home before the survey week, whether fresh or cooked (but not commercially frozen). To be considered home frozen, a food was frozen and stored in a separate freezer--a home freezer, a combination freezer-refrigerator with freezer sealed off, or a locker in a plant for storing frozen food.

Household

A household consists of all the persons who occupy a house, an apartment, or other group of rooms, or a room that constitutes a housing unit. The survey does not cover group quarters, such as rooming houses, military barracks, and institutions.

Housekeeping Households

Those households with at least 1 person having 10 or more meals from the household food supply during 7 days before the interview. Data for nonhousekeeping households were collected, but are not presented here.

Household Size in Equivalent Nutrition Units

The number of adult-male equivalent persons in the household in terms of the needs of persons (household members and guests) eating from the household food supplies for food energy and each nutrient studied relative to the needs of the adult male. The Recommended Dietary Allowances (RDA) established by the Food and Nutrition Board in 1974 were used as the basis of nutrient needs. For adult males 23-50 years of age, the daily allowances were as follows: Food energy, 2,700 calories; protein, 56 grams; calcium, 800 milligrams; iron, 10 milligrams; magnesium, 350 milligrams; phosphorus, 800 milligrams; vitamin A, 5,000 I.U.; thiamin, 1.4 milligrams; riboflavin, 1.6 milligrams; vitamin B₆, 2.0 milligrams; vitamin B₁₂, 3.0 micrograms; and ascorbic acid, 45 milligrams. The adult male allowance for each nutrient was then expressed as 1.00. The relative needs or equivalent nutrition units of other persons eating from home food supplies in each household were calculated by dividing the RDA for each person's sex-age group by the allowance for the adult male. For example:

<u>Household member</u>	<u>Daily recommended allowance for—</u>		<u>Equivalent nutrition units</u>	
	<u>Food energy</u>	<u>Calcium</u>	<u>Food energy</u>	<u>Calcium</u>
	<u>Calories</u>	<u>Milli-grams</u>		
Male, age 45.....	2,700	800	1.00	1.00
Female, age 42....	2,000	800	.74	1.00
Boy, age 17.....	3,000	1,200	1.11	1.50
Girl, age 15.....	2,100	1,200	.78	1.50

The size of the household in equivalent nutrition units was then determined taking into account the number of meals each person had from home food supplies during the survey week. The procedure involved multiplying each person's total meals at home by his equivalent nutrition unit for each nutrient studied. The products were summed and then divided by 21 (average number of meals in a week).

<u>Persons served</u>	<u>Meals served at home during week</u>	<u>Equivalent nutrition unit</u>		<u>Home meals X equivalent nutrition unit</u>	
		<u>Food</u>		<u>Food</u>	
		<u>energy</u>	<u>Calcium</u>	<u>energy</u>	<u>Calcium</u>
Household meals:					
Male, age 45....	16	1.00	1.00	16.00	16.00
Female, age 42..	15	.74	1.00	11.10	15.00
Boy, age 17.....	13	1.11	1.50	14.43	19.50
Girl, age 15....	14	.78	1.50	10.92	21.00
Guest meals:					
Female, age 67..	<u>2</u>			<u>1.34</u>	<u>2.00</u>
Total for week..	60			53.79	73.50

For this household, the size in equivalent nutrition units for food energy is 2.56 (53.79 ÷ 21) and for calcium, 3.50 (73.50 ÷ 21). The household size in 21-meal-at-home-equivalent persons is 2.86 (60 ÷ 21).

If standards of diet quality other than the Recommended Dietary Allowances set in 1974 by the Food and Nutrition Board are used, the household size in nutrition units and all tables on a nutrition unit basis should be recomputed.

Legumes: Dry Weight

The weight of dry legumes (dry beans, peas, and lentils) plus the weight of cooked, canned, or frozen legumes converted to their equivalent dry weight. See "Equivalents."

Money Income Before Taxes

Respondent's estimate of the household's 1976 money income from all sources before the deduction of State and Federal income taxes. Income was counted for all persons living in the household except for roomers, boarders, and employees whether or not they ate at home during the week.

Money Value of Food Used at Home

Expenditures for bought food plus the money value of home-produced food and food received free of cost that was used during the survey week. Expenditures for bought food were based on prices reported as paid regardless of the time of purchase. Sales tax was excluded. Bought food with unreported prices, food produced at home, and food received as a gift or instead of pay were valued at the average price per pound paid for comparable food by survey households in the same region and season.

Nonmetropolitan - See "Urbanization."

Not Classified by Income

Households in which respondents were either unable or unwilling to give information about income and households that had not been established as family or household units for the previous year.

Nutrition Unit

See "Household Size in Equivalent Nutrition Units" and "Nutritive Value of Diets per Nutrition Unit."

Nutritive Value of Diets

Nutrients in all food and beverages reported used by households during the survey week. The nutritive values used were for the edible portion of food as brought into the household with estimated vitamin losses in cooking deducted. Edible portion in this report includes all food as brought into the household except those parts that are clearly inedible, such as bones in meat. All fat on meat cuts was considered edible, and its energy and nutrient content was a part of the nutritive value of household food.

The basis for the nutritive values was table 2 of "Composition of Foods...Raw, processed, prepared" (11), its revised supplements (1, 2), and "Pantothenic Acid, Vitamin B₆, and Vitamin B₁₂ in Foods" (9). Some values from these sources were updated, and new values were obtained for products relatively new on the market at the time of the survey by the Department's Human Nutrition Information Service (HNIS). When a nutritive value for a food reported was not available, a value was imputed from similar foods by HNIS staff members. Although nutrient data are limited for some foods and for certain nutrients--particularly magnesium, vitamin B₆, and vitamin B₁₂--they were considered the best available at the time of the survey.

The nutritive values used were for the edible portion of food as brought into the household with deductions for

estimated vitamin losses in cooking for vitamin A, thiamin, riboflavin, preformed niacin, vitamin B₆, vitamin B₁₂, and ascorbic acid. Loss factors used were developed from "Procedures for Calculating Nutritive Value of Home-Prepared Foods" (6) with consideration given to the cooking practices generally followed in the United States.

The nutritive value of household food includes not only values of food eaten by people in the household but also values from food discarded for such reasons as spoilage, spillage, plate waste, or leftovers fed to pets. Some households customarily do not eat all the edible parts of certain foods, such as visible fat that can be trimmed from meat. Therefore, although this report reflects the nutrient levels available to households from food they reported having used, it overestimates somewhat the amount of food energy and the nutrient levels of the food actually eaten in many households. Minerals in water and vitamin and mineral preparations taken by individuals were not included in the nutrients calculated.

Nutritive Value of Diets per Nutrition Unit

Nutritive value of food used at home divided by the household size in nutrition units and by 7 (days in the survey week). See "Household Size in Equivalent Nutrition Units." When the nutrient content of household diets is presented per nutrition unit, diets of groups of households varying in size and composition can be compared. In addition, such households can be distributed by the level of the nutrient content of their diets.

An adjustment was made for meals eaten away from home by household members. This adjustment assumes that an average meal away from home is equal nutritionally to a meal at home.

Nutritive Value of Diets per Person

Nutritive value of food used at home divided by the number of 21-meal-at-home-equivalent persons in the household and by 7 (days in the survey week). Nutrient content of diets presented on this basis adjusts for various sizes of households (differences in the number of meals eaten at home by household members). See "Household Size in Equivalent Persons."

Averages per person are generally satisfactory for comparisons among large population groups similar in composition by age and sex. For groups of households dissimilar in composition, comparisons may be misleading because the food needs of such households may differ.

Nuts: Shelled Weight

The weight of nutmeats (nuts removed from shell) plus the weight of nuts in shell converted to the equivalent weight of nutmeats. See "Equivalents."

Person

One person equals 21 meals at home in a week. Average money value and quantities of food used per person by groups of households are per 21-meal-at-home-equivalent person. See "Household Size in Equivalent Persons."

Potato: Fresh Equivalent

The weight of fresh whole potatoes with skin plus the weight of fresh pared, cooked, and processed potatoes (canned, frozen, and dried) as well as potato chips, sticks, salad, and soup converted to the weight of fresh whole potatoes with skin. See "Equivalents."

Recommended Dietary Allowances

Daily allowances for food energy and essential nutrients recommended by the Food and Nutrition Board, National Academy of Sciences, National Research Council, in 1974 as levels of nutrient intake adequate for maintaining good nutrition in essentially all healthy persons in the United States. In using the RDA for interpreting household diet quality, it is important to recognize that nutrients in household diets represent some food that is not eaten by household members and therefore is not nutrient intake, for which RDA are designed. The Food and Nutrition Board (8, p.1) stated:

"RDA are recommendations for the average daily amounts of nutrients that population groups should consume over a period of time. RDA should not be confused with requirements for a specific individual. Differences in the nutrient requirements of individuals are ordinarily unknown. Therefore, RDA (except for energy) are estimated to exceed the requirements of most individuals and thereby to ensure that the needs of nearly all in the population are met. Intakes below the recommended allowance for a nutrient are not necessarily inadequate, but the risk of having an inadequate intake increases to the extent that intake is less than the level recommended as safe."

Region

Those areas of the 48 conterminous States as defined by the U.S. Department of Commerce for the 1970 Census of Population. The four Census regions and their States are:

Northeast--Connecticut, Maine, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Vermont;

North Central--Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota, Wisconsin;

South--Alabama, Arkansas, Delaware, District of Columbia, Florida, Georgia, Kentucky, Louisiana, Maryland, Mississippi, North Carolina, Oklahoma, South Carolina, Tennessee, Texas, Virginia, West Virginia;

West--Arizona, California, Colorado, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington, Wyoming.

Spring - The months of April, May, and June.

Suburban - See "Urbanization."

Sugar Equivalent

The weight of sugar, sirup, honey, jelly, jam, and candy plus the approximate sugar content by weight for selected foods high in sugar--beverage mixes with sugar; fruit ades, punches, drinks, nectars; soft drinks; dry pudding and gelatin mixes; ready-to-eat pudding and gelatin desserts; and cake icing. See "Equivalents."

Survey Week

The continuous 7-day period for which information was collected on food used in the household during the survey interview.

Urbanization

Categorization of households as central city, suburban, and nonmetropolitan was based on the standard metropolitan statistical area (SMSA) as defined by the U.S. Department of Commerce in the 1970 Census of Population.

All urbanizations--Composite of central city, suburban, and nonmetropolitan households appropriately weighted.

Central city--Population of 50,000 or more and main or core city within SMSA.

Suburban--Generally within the boundaries of SMSA but not within legal limits of central city SMSA.

Nonmetropolitan--All U.S. areas not within SMSA.

Weights - See "SAMPLE ANALYSIS."

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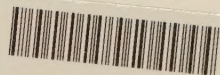
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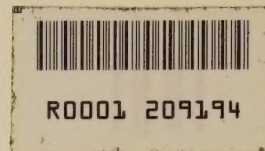
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